

Quality Talk Time

Tell a friend!

Sometimes it helps to talk to a friend.
Use the questions to interview each other and find out the best solution.

Share the problem!

- 1 What is the problem?
- 2 How do you feel?
- 3 What do you want to happen?
- 4 What do you need to do to change things?
- 5 Does anyone/anything else need to change?
- 6 What can you do differently?

Let's make a plan! If it doesn't work, we'll try again.

The Plan

Good luck!

