

Feelings and Options

Student Handout

NAME

DATE

Directions

Read the dilemma below and then complete the Feelings and Options steps.

(Insert dilemma name here.)

(Insert dilemma here.)

Identify: Who are the different people involved in the scenario? What dilemma or challenge are they facing?

Feel: What do you think each person in the dilemma is *feeling*? Why might the situation be hard or challenging for each of them?

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Imagine: *Imagine* options for how the situation could be handled. Come up with as many ideas as possible. There's no one "right" answer! Then, highlight which option might lead to the most positive outcome, where most people feel good or taken care of.

Say: Thinking more about the idea you chose for handling the situation. What could the people involved say?

First: How would they say it?

In person

Call or FaceTime

Text

Direct/private message

Email

Other: _____

Second: What would they say? Write out the conversation.

Complicate (optional)

Discuss these questions in your group, and share responses. Be sure to hear all perspectives—the more perspectives, the better!

- *(Insert complicate questions here.)*