

STAR Problem Solving

Use the steps in STAR to help you feel in control and problem-solve around your reactions to challenging situations.



Stop:

Take a step back from the situation to think before you react.



Think:

What emotions are you feeling right now?

Are your thoughts about this event positive or negative?

What are some possible actions you could choose?



Act:

Choose the action that seems best and do it.



Review:

How did that choice work out?

What would you do the same or differently next time?

