# Size of the Problem



Worksheet: The size of the problem often determines the size of your reactions

### **SMALL**

I can quickly and easily solve this problem on my own or with the help of a friend

With small problems, I might not feel much emotion at all

### **MEDIUM**

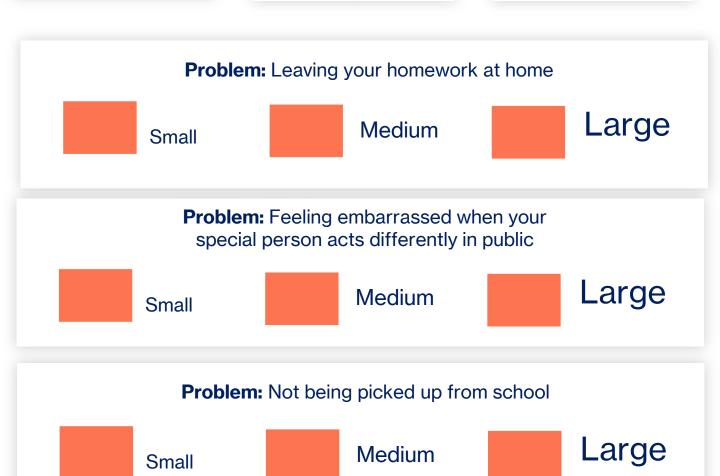
This problem takes a little more time and effort to solve and may require the help of an adult

With medium problems, I might feel mild distress or annoyance

#### **LARGE**

This is a serious problem that will take time and effort to resolve, and it will require a trusted adult

With big problems, I'll often feel scared, angry or scared



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Small



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