

Name _____ Date _____ Score _____

THE NO-LOSE/WIN-WIN METHOD

DIRECTIONS: Read each of the following family problems. Then answer each of the “No-Lose/Win-Win” questions to solve the problem.

Problem 1

My mother and I just got back from shopping. I wish she would just stay home and let me choose my own clothes. She doesn't even know what the kids are wearing now. We had a big fight in the store and I told her I was 12 years old and old enough to know what I wanted to wear.

1. Identify the Problem? _____
 - A. What are my feelings about the problem? _____
 - B. How do I add to the problem? _____
 - C. How do others add to the problem? _____
2. Brainstorm Possible Solutions? *(Write all the ideas that people think of, even silly ideas)*
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
3. Evaluate your Solutions. *(List your top two solutions from the list above)*
 1. _____
 2. _____
4. Make a Decision. *(What is your Family's final decision.)*

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Problem 2

I can't go to the movies on Saturday because I'm grounded all week. My parents made this stupid rule about doing chores—if I forget to do them for a couple of days, I have to stay home. I don't know why they get so excited about things like taking out the garbage and dusting the furniture.

1. Identify the Problem? _____
 - A. What are my feelings about the problem? _____
 - B. How do I add to the problem? _____
 - C. How do others add to the problem? _____
2. Brainstorm Possible Solutions? *(Write all the ideas that people think of, even silly ideas)*
 1. _____
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Problem 3

My little sister borrowed the computer football game I got for Christmas without asking. She took it to school and lost it. I really told her off when I found out. I told her I was going to take something of hers if she ever touched my stuff again.

1. Identify the Problem? _____
 - A. What are my feelings about the problem? _____
 - B. How do I add to the problem? _____
 - C. How do others add to the problem? _____
2. Brainstorm Possible Solutions? *(Write all the ideas that people think of, even silly ideas)*
 1. _____
 2. _____
 3. _____
 4. _____
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3. Evaluate your Solutions. *(List your top two solutions from the list above)*
 1. _____
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Problem 4

Every morning there’s a war at our house. Everyone wants in the bathroom at the same time. My sister thinks she owns it. We all leave the house in a terrible mood!

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 - A. What are my feelings about the problem? _____
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2. Brainstorm Possible Solutions? *(Write all the ideas that people think of, even silly ideas)*
 1. _____
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Problem 5

I was planning to go to my best friend’s house to sleep over this weekend. We were going to watch a movie that I have been excited to see. As I was getting ready to leave my mom came in my room and told me that she had forgotten about an important meeting that she and my father had to go to. She needs me to stay home and watch my siblings. I screamed at her because I was so mad. She told me that if I was going to act like that I wouldn’t be able to do anything with my friends next weekend either. But next weekend they are not going to be watching that movie. I really wanted to see that one.

1. Identify the Problem? _____
 - A. What are my feelings about the problem? _____
 - B. How do I add to the problem? _____
 - C. How do others add to the problem? _____

2. Brainstorm Possible Solutions? *(Write all the ideas that people think of, even silly ideas)*
 1. _____
 2. _____
 3. _____
 4. _____
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3. Evaluate your Solutions. *(List your top two solutions from the list above)*
 1. _____
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4. Make a Decision. *(What is your Family’s final decision.)*

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Problem 6

Everyone is always coming into my room and stealing my things. Yesterday my curling iron was missing, the day before my favorite shirt was gone. I want to get a lock on my door, but my parents refuse to allow it.

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 - B. How do I add to the problem? _____
 - C. How do others add to the problem? _____
2. Brainstorm Possible Solutions? *(Write all the ideas that people think of, even silly ideas)*
 1. _____
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3. Evaluate your Solutions. *(List your top two solutions from the list above)*
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Problem 7

At our house, we only have one television set. My favorite show is on at 5 pm. Every day, my little brother is using the television for hours. When I try to change the station, at the time of my TV show, he gets mad and won't let me watch my show.

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 - A. What are my feelings about the problem? _____
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Problem 8

Everyday after dinner, my sister and I expected to do the dishes. It is left to us to decide who loads the dishes and who unloads. Both of us always want to unload the dishwasher and neither one of us ever wants to load.

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 - A. What are my feelings about the problem? _____
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