

# 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 act.



**Think:** What emotions are you feeling right now?  
Where are you on the Feeling Thermometer?  
What are you thinking, or telling yourself, about this event?  
What are some possible actions you could choose?  
What FOCUS skills help you move down the Feeling Thermometer so you can make the best possible choice?



**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?  
What are some FOCUS skills that you can use the next time you are in this situation?