

The CPRI Brake Shop – Self Management

SOLUTIONS vs. CONCERNS

Getting two SOLUTIONS onto the table rather than two CONCERNS is probably the most common stumbling block for people new to Basket B:

1. Why don't you talk to your sister tonight about the problem between you?
2. I hate seeing you so sad and angry since you quit the hockey team last month.
3. I'm worried that you won't have enough time to get your school project done (if you don't start it before dinner).
4. You need to finish your sandwich or you'll be hungry again this afternoon.
5. What's the matter with putting some music on while you do your bathroom chores? That should make it more bearable.
6. You can't go to the movies with your friends because you have to get your homework done.

Answer Key:

- 1 = SOLUTION
- 2 = CONCERN
- 3 = CONCERN
- 4 = SOLUTION
- 5 = SOLUTION
- 6 = SOLUTION