

HFA Reflective Strategies...At a Glance (Continued)

Problem Talk

Before moving into a "Problem-Solving Mode," use this framework to learn as much as you can about a concern/problem.

Who... **Who** is responsible here?
Who can support you with this?
Who do you think needs to be part of figuring out a solution?

What... **What** actions/communications contributed to this situation?
What have you done when this has happened before?
What could you/others have done differently?
What are you/others willing to do now to turn this around?
What is another way to look at the source of the problem?
What will happen if you don't take steps to prevent this from happening again?

When... **When** did this start?
When do you need a solution?
When is the best time to work on this?
When do you feel safe/more confident?

**What
DO YOU
think?**

Where... **Where** have you gone for support when this has happened before?
Where can you go for assistance?
Where do you feel safe?

How... **How** much of a problem is this for you/other family members (on a scale of 1 to 10)?
How would you like this situation to be different a week/month from now?
How often has this happened before?
How much effort are you/others willing to put into fixing this?