



LADDER OF SUCCESS

 <p>Choice</p>	<p>Solve problem successfully</p> <p>Ask for help successfully</p> <p>Deal directly with things myself</p> <p>I thought about how the person might feel</p> <p>I was calm</p>
 <p>Choice</p>	<p>Escape the problem</p> <p>Build up anger or anxious feeling</p> <p>Cry / yell</p> <p>Mean, call names, bully</p> <p>Damage things or steal</p> <p>Hurt yourself or other people</p>

