### PROBLEM SOLVING SKILLS: SOCS Technique

**Situation:** say what the situation is and how it makes you feel

**Options:** list all your options for solving the problem

**Consequences:** what would the consequences be of the above options?

**Solutions (the plan):** write down your action steps for the option you picked

**Final Outcome:** after it’s all said and done, how did it go and what did you learn?

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Adapted from *Emotional Intelligence* (1995) Daniel Goleman