

# Cathedral Counseling News!

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## Students are STEPPING UP!

During our lessons this year we have been learning a lot about feelings. We've been learning about how to identify feelings in ourselves and others and about how to calm down when we are having strong feelings. We are learning that others may have different feelings than we do, and that our feelings can change from one situation to the next.

Learning to cope with strong feelings is essential to solving problems that may arise. In our upcoming **Second Step** lessons, we will be learning that once we have calmed down strong feelings we will be ready to apply the **4 Problem-Solving Steps** to resolve problems/conflicts. These steps encourage constructive ways for working out differences with safe and respectful solutions.

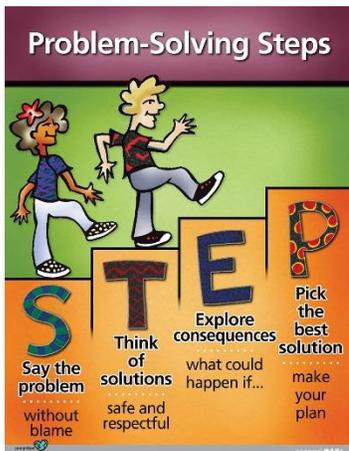
## aying the problem without blame.

Students will learn that before you can come up with solutions to the problem it's important to say the problem respectfully. Saying the problem in a way that blames the other person can cause hurt and angry feelings, and when people are hurt or angry, it's even harder to solve the problem.



## hink of solutions.

This helps build cognitive skills and helps students avoid jumping at the first idea that comes to them, thus preventing hasty and possibly more aggressive responses. Emphasizing the importance of safe and respectful solutions builds prosocial norms and helps students employ perspective taking to think about the effects of their actions on others.



## xplore consequences.

During this step students will learn to think through cause and effect and avoid solutions that may cause more problems.



## ick the best solution.

Students learn to make a plan and work on coming up with ways to make amends, so problems are resolved rather than escalated.

For more information about the  
Second Step Program please visit  
[secondstep.org](http://secondstep.org)