

## Stop & Think

Name \_\_\_\_\_

Date \_\_\_\_\_



**Directions:** Complete the sentences below.

1. What do you do when trying to solve a problem in a relationship?

\_\_\_\_\_ and \_\_\_\_\_

2. Should you just react emotionally to a problem in a relationship? Yes or No **(circle one)**

3. When you **regret** something are you. **(circle one)**

(A) happy it happened (B) sad it happened

4. What is something you should **NOT** use when trying to solve a problem. **(circle one)**

(A) logic (B) emotions

5. Do men and women express their emotions the same? Yes or No **(circle one)**