Dual Think Sheet – Youth and Adult Working Together



1. Youth AND Adult answer 1-5 independently.
2. Discuss and then complete 6-10 together.
3. Answer additional questions as decided upon by youth and adult

**Youth**

1. What was the challenge?
2. What led up to this challenge?
3. How did I handle this?
4. Could I have prevented this challenge/problem?
5. What are two adjustments I will make the next time?

Adult

1. What was the challenge?
2. What led up to this challenge?
3. How did I handle this?
4. Could I have prevented this challenge/problem?
5. What are two adjustments I will make the next time?

Both

1. What is our challenge?
2. What led to this challenge?
3. In the future, how can we handle this together?
4. Can we prevent this challenge/problem in the future?
5. What are two adjustments we will make?

Additional Questions:

1. What do you want?
2. How can I help you?
3. What feels difficult?
4. What is the worst thing that could happen?
5. What could be the best possible outcome?
6. Is your interpretation true and how do you know this?