

SPR Skill Flowchart



Concern	Primary SPR Skill	Secondary SPR Skills
Having a difficult problem that I need to solve.	Problem-Solving	Healthy Social Connections Helpful Thinking
Having intense or repeatedly upsetting reactions to things that happen.	Managing Reactions	Healthy Social Connections Helpful Thinking
Not knowing how to connect or re-connect with friends and family after the disaster. Not having enough people that care about me or can help me out.	Healthy Social Connections	Positive Activities Helpful Thinking
Feeling depressed, sad, or withdrawn.	Positive Activities	Problem-Solving Healthy Social Connections
Having upsetting thoughts that make me feel bad or stop me from having more positive thoughts.	Helpful Thinking	Managing Reactions Activity Scheduling
Having a serious physical health problem, a serious mental health condition, a serious substance abuse problem, and/or significant current hardships and adversities.	Problem-Solving (with a focus on referral to the appropriate services)	Healthy Social Connections Helpful Thinking