

## ADOLESCENT

- I: Beginning Social Skills
  - 1. Listening
  - 2. Starting a Conversation
  - 3. Having a Conversation
  - 4. Asking a Question
  - 5. Saying Thank You
  - 6. Introducing Yourself
  - 7. Introducing Other People
  - 8. Giving a Compliment
- II: Advanced Social Skills
  - 9. Asking for Help
  - 10. Joining In
  - 11. Giving Instructions
  - 12. Following Instructions
  - 13. Apologizing
  - 14. Convincing Others
- III: Skills for Dealing with Feelings
  - 15. Knowing Your Feelings
  - 16. Expressing Your Feelings
  - 17. Understanding the Feelings of Others
  - 18. Dealing with Someone Else's Anger
  - 19. Expressing Affection
  - 20. Dealing with Fear
  - 21. Rewarding Yourself
- IV: Skill Alternatives to Aggression
  - 22. Asking Permission
  - 23. Sharing Something
  - 24. Helping Others
  - 25. Negotiating
  - 26. Using Self-Control
  - 27. Standing Up for Your Rights
  - 28. Responding to Teasing
  - 29. Avoiding Trouble with Others
  - 30. Keeping Out of Fights
- V: Skills for Dealing with Stress
  - 31. Making a Complaint
  - 32. Answering a Complaint
  - 33. Being a Good Sport
  - 34. Dealing with Embarrassment
  - 35. Dealing with Being Left Out
  - 36. Standing Up for a Friend
  - 37. Responding to Persuasion
  - 38. Responding to Failure
  - 39. Dealing with Contradictory Messages
  - 40. Dealing with an Accusation
  - 41. Getting Ready for a Difficult Conversation
  - 42. Dealing with Group Pressure
- VI: Planning Skills
  - 43. Deciding on Something to Do
  - 44. Deciding What Caused a Problem
  - 45. Setting a Goal
  - 46. Deciding on Your Abilities
  - 47. Gathering Information
  - 48. Arranging Problems by Importance
  - 49. Making a Decision
  - 50. Concentrating on a Task