

## INTERPERSONAL SKILL LIST

### Group I: Basic Skills

1. Following Instructions
2. Asking Permission
3. Listening
4. Accepting Responsibility
5. Demonstrating Respect for Others
6. Following Rules
7. Accepting No/Accepting Feedback

### Group II: Beginning Social Skills

8. Asking a Question
9. Starting and Having a Conversation
10. Saying Thank-You/Showing Appreciation
11. Cooperating with Others/Sharing

### Group III: Advanced Social Skills

12. Asking for Help
13. Offering to Help and Helping Others
14. Joining In/Participating
15. Staying on Task
16. Apologizing/Expressing Regret

### Group IV: Skills for Dealing with Feelings

17. Knowing your Feelings
18. Expressing your Feelings
19. Understanding the Feelings of Others/Empathy
20. Understanding and Dealing with Fear
21. Recognizing and Accepting Individual Differences

### Group V: Skill Alternatives to Aggression/Anger Management

22. Understanding your Anger (See Anger Management Toolkit)
23. Assessing your Anger's Intensity (See Anger Management Toolkit)
24. Managing your Anger and Maintaining Self-Control (See Anger Management Toolkit)
25. Negotiation Skills
26. Avoiding Trouble with Others

### Group VI: Skills for Dealing with Stress (Adaptation Skills and Symptom Management Skills)

27. Remaining Calm Under Stress
28. Recognizing Loss of Control and Asking for Help
29. Reacting to, Adjusting to and Accepting Changes
30. Keeping Your Composure (can include dealing w/ embarrassment, being left out, responding to persuasion, responding to failure, dealing w/ an accusation, standing up for yourself/assertiveness, dealing w/ group pressure, resisting negative peer pressure, etc.)

31. Using Self-Rewards/Demonstrating Respect for Self
32. Dealing with Family Stresses
33. Time Management
34. Recognizing and Dealing with the Impact of Substance Use/Abuse (on you and your family)

**Group VII: Planning Skills/Problem-Solving Skills**

35. Deciding What Caused a Problem
36. Knowing and Using Problem-Solving Steps
37. Following Through on Decisions
38. Managing Conflict
39. Leadership Skills

**Group VIII: Daily Living and Community Living Skills**

40. Attending School
41. Grade Improvement Skills
42. Personal Hygiene/Appearance
43. Citizenship Skills
44. Job-Seeking Skills
45. Employment Skills
46. Purchasing and Money Management Skills
47. Utilization of Community Resources
48. Sex Education