

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**

Group II: Beginning Social Skills

- 8. Asking a Question**
- 9. Starting and Having a Conversation**
- 10. Saying Thank-You/Showing Appreciation**
- 11. Introducing Yourself**
- 12. Cooperates with Others/Shares**

Group III: Advanced Social Skills

- 13. Giving and Accepting a Compliment**
- 14. Accepting Feedback**
- 15. Asking for Help**
- 16. Offering to Help**
- 17. Joining In/Participating**
- 18. Expressing Accomplishments**
- 19. Staying on Task**
- 20. Giving Instructions/Feedback**
- 21. Apologizing/Expressing Regret**
- 22. Table Manners**

Group IV: Skills for Dealing with Feelings

- 23. Knowing your Feelings**
- 24. Expressing your Feelings**
- 25. Understanding the Feelings of Others**
- 26. Dealing with Someone Else's Anger**
- 27. Expressing Affection**
- 28. Dealing with Fear**
- 29. Rewarding Yourself**

Group V: Skill Alternatives to Aggression/Anger Management

- 30. Sharing Something**
- 31. Helping Others**
- 32. Negotiation Skills**
- 33. Disagreement Skills**
- 34. Using Self-Control**
- 35. Standing Up for your Rights/Assertiveness**
- 36. Responding to Teasing**
- 37. Avoiding Trouble with Others**
- 38. Keeping out of Fights**

39. Ignoring Minor Inappropriate Behavior of Others

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

- 40. Making a Complaint**
- 41. Answering a Complaint**
- 42. Dealing with Embarrassment**
- 43. Dealing with Being Left Out**
- 44. Standing Up for a Friend**
- 45. Responding to Persuasion**
- 46. Responding to Failure**
- 47. Dealing with Contradictory Messages**
- 48. Dealing with an Accusation**
- 49. Getting Ready for a Difficult Conversation**
- 50. Demonstrating Respect for Self**
- 51. Dealing with Group Pressure**
- 52. Resisting Negative Peer Pressure**

Group VII: Planning Skills/Problem-Solving Skills

- 53. Deciding on Something to Do**
- 54. Deciding What Caused a Problem**
- 55. Setting a Goal**
- 56. Deciding on Your Abilities**
- 57. Gathering Information**
- 58. Arranging Problems by Importance**
- 59. Making a Decision**
- 60. Concentrating on a Task**
- 61. Leadership Skills**

Group VIII: Daily Living and Community Living Skills

- 62. Attending School**
- 63. Grade Improvement Skills**
- 64. Personal Hygiene/Appearance**
- 65. Citizenship Skills**
- 66. Job-Seeking Skills**
- 67. Employment Skills**
- 68. Purchasing Skills**
- 69. Money Management Skills**
- 70. Sportsmanship After the Game**
- 71. Telephone Skills**
- 72. Age-Appropriate Activities**
- 73. Time Management/Promptness**
- 74. Utilization of Community Resources**
- 75. Sex Education**
- 76. Substance Abuse Education**
- 77. Demonstrating Respect for Property**

**Alphabetical List of Interpersonal Social Skills
Group and Skill Number**

Group	Skill Number	Skill	Group	Skill Number	Skill
I	7	Accepting No/Accepting Feedback	IV	17	Knowing your Feelings
I	4	Accepting Responsibility	VII	39	Leadership Skills
III	16	Apologizing/Expressing Regret	I	3	Listening
II	8	Asking a Question	VII	38	Managing Conflict
III	12	Asking for Help	V	24	Managing your Anger and Maintaining Self-Control (See Anger Management Toolkit)
I	2	Asking Permission	V	25	Negotiation Skills
V	23	Assessing your Anger's Intensity (See Anger Management Toolkit)	III	13	Offering to Help and Helping Others
VIII	40	Attending School	VIII	42	Personal Hygiene/Appearance
V	26	Avoiding Trouble with Others	VIII	46	Purchasing and Money Management Skills
VIII	43	Citizenship Skills	VI	29	Reacting to, Adjusting to and Accepting Changes
II	11	Cooperating with Others/Sharing	IV	21	Recognizing and Accepting Individual Differences
VI	32	Dealing with Family Stresses	VI	34	Recognizing and Dealing with the Impact of Substance Use/Abuse (on you and your family)
VII	35	Deciding What Caused a Problem	VI	28	Recognizing Loss of Control and Asking for Help
I	5	Demonstrating Respect for Others	VI	27	Remaining Calm Under Stress
VIII	45	Employment Skills	II	10	Saying Thank-You/Showing Appreciation
IV	18	Expressing your Feelings	VIII	48	Sex Education
I	1	Following Instructions	II	9	Starting and Having a Conversation
I	6	Following Rules	III	15	Staying on Task
VII	37	Following Through on Decisions	VI	33	Time Management
VIII	41	Grade Improvement Skills	IV	20	Understanding and Dealing with Fear
VIII	44	Job-Seeking Skills	IV	19	Understanding the Feelings of Others/Empathy
III	14	Joining In/Participating	V	22	Understanding your Anger (See Anger Management Toolkit)
VI	30	Keeping Your Composure	VI	31	Using Self-Rewards/Demonstrating Respect for Self
VII	36	Knowing and Using Problem-Solving Steps	VIII	47	Utilization of Community Resources