

# Contents

<b>Acknowledgments</b>	<b>ix</b>
<b>Introduction</b>	<b>i</b>
<b>Section 1: Understanding Skillstreaming</b>	<b>3</b>
<b>Welcome to Skillstreaming</b>	<b>3</b>
People Problems	3
Activity 1.1—Journaling: People Problems	4
<b>Skill Groups</b>	<b>4</b>
Optional Activity	4
Why is it important to learn these skills?	5
Activity 1.2—Everyday Choices	5
<b>Parts to Skillstreaming</b>	<b>5</b>
Activity 1.3—Learning Examples	5
Skillstreaming in Action	5
Let's Learn a Skill: Starting a Conversation	6
<b>Part 1: Modeling</b>	<b>6</b>
Thinking Aloud	6
<b>Part 2: Role-Play</b>	<b>7</b>
Activity 1.4—Role Play Planning	7
<b>Part 3: Feedback</b>	<b>7</b>
Activity 1.5—Types of Feedback	8
Activity 1.6—Following Role-Play 1	8
Activity 1.7—Following Role-Play 2	9
<b>Part 4: Practice and Homework</b>	<b>9</b>
Are You Done Yet?	9
Activity 1.8—Rewarding Yourself	11



Skill Contracts and Self-Recording	11
Summary	11
<b>Section 2: Helpful Strategies</b>	<b>13</b>
Activity 2.1—Body Language: Aggressive, Passive, Assertive	13
Activity 2.2—The Words We Use	13
Activity 2.3—Feelings	13
Activity 2.4—I-Messages	14
Activity 2.5—Clues to Anger	14
Activity 2.6—How Angry?	14
Activity 2.7—Anger Control	15
Activity 2.8—Comfort Choices	15
Activity 2.9—You Are the Judge	16
Activity 2.10—Benefits and Costs	16
<b>Section 3: Making Skill Use Even Better</b>	<b>17</b>
Activity 3.1—What Skill Should I Use?	17
Activity 3.2—More About Choosing Skills	18
Activity 3.3—Body Language	18
Activity 3.4—With Whom and When to Use a Skill: Empathy	18
Activity 3.5—Nonverbal Communication: Verbal Body Language	19
Activity 3.6—How Should I Perform the Skill?	19
Activity 3.7—Should I Always Perform the Skill the Same Way?	19
Activity 3.8—How Might Someone Respond	20
Activity 3.9—Dealing with Negative Outcomes	20
Activity 3.10—Skill Shifting	20
Activity 3.11—Skill Combinations	20
Activity 3.12—More About Skill Combinations	21
Summary	21
<b>Appendix A: Program Tools</b>	<b>23</b>
Parts to Skillstreaming Poster	24
Skill Poster: Starting a Conversation	25



Skill Card: (optional)	26
Skill Contract	27
Self-Recording Form 1	28
Self-Recording Form 2	29
Homework Report 1	30
Homework Report 2	31
Skillstreaming Skills	32
<b>Appendix B</b>	<b>33</b>
Nine-Step Process	33