

Fifty Social Skills that Can be Used in Aftercare Lessons

Skill 32: Answering a Complaint

SKILL STEPS

1. Listen to the complain
2. Ask the person to explain anything you don't understand.
3. Tell the person that you understand the complaint.
4. State your ideas about the complaint, accepting the blame if appropriate.
5. Suggest what each of you could do about the complaint.

Skill 33: Being a Good Sport

SKILL STEPS

1. Think about how you did and how the other person did in the game you played.
2. Think of a true compliment you could give the other person about his/her game.
3. Think about his/her reactions to what you might say.
4. Choose the compliment you think is best and say it.

Skill 34: Dealing with Embarrassment

SKILL STEPS

1. Decide if you are feeling embarrassed.
2. Decide what happened to make you feel embarrassed.
3. Decide on what will help you feel less embarrassed and do it.

Skill 35: Dealing with Being Left Out

SKILL STEPS

1. Decide if you are being left out.
2. Think about why the other people might be leaving you out of something.
3. Decide how you could deal with the problem.
4. Choose the best way and do it.

Skill 36: Standing up for a Friend

SKILL STEPS

1. Decide if your friend has not been treated fairly by others.
2. Decide if your friend wants you to stand up for him/her.
3. Decide how to stand up for your friend.
4. Stand up for your friend.

Skill 37: Responding to Persuasion

SKILL STEPS

1. Listen to the other person's ideas on the topic.
2. Decide what you think about the topic.
3. Compare what he/she said with what you think.
4. Decide which idea you like better and tell the other person about it.

Skill 38: Responding to Failure

SKILL STEPS

1. Decide if you have failed at something.
2. Think about why you failed.
3. Think about what you could do to keep from failing another time.
4. Decide if you want to try again.
5. Try again using your new idea.

Skill 39: Dealing with Contradictory Messages

SKILL STEPS

1. Decide if someone is telling you two opposite things at the same time.
2. Think of ways to tell the other person that you don't understand what he/she means.
3. Choose the best way to tell the person and do it.

From *Aggression Replacement Training: A Comprehensive Intervention for Aggressive Youth, Third Edition*, by Barry Glick and John C. Gibbs (Champaign, IL: Research Press, 2011). Reprinted by permission of the publisher. Copyright 2011 by Barry Glick and John C. Gibbs.

Fifty Social Skills that Can be Used in Aftercare Lessons

Skill 40: Dealing with an Accusation

SKILL STEPS

1. Think about what the other person has accused you of.
2. Think about why the person might have accused you.
3. Think about ways to answer the person's accusation.
4. Choose the best way and do it.

Skill 41: Getting Ready for a Difficult Conversation

SKILL STEPS

1. Think about how you will feel during the conversation.
2. Think about how the other person will feel.
3. Think about different ways you could say what you want to say.
4. Think about what the other person might say back to you.
5. Think about any other things that might happen during the conversation.
6. Choose the best approach you can think of and try it.

Skill 42: Dealing with Group Pressure

SKILL STEPS

1. Think about what the group wants you to do and why.
2. Decide what you want to do.
3. Decide how to tell the group what you want to do.
4. Tell the group what you have decided.

Group 6: Planning Skills

Skill 43: Deciding on Something to Do

SKILL STEPS

1. Decide whether you are feeling bored or dissatisfied with what you are doing.
2. Think of things you have enjoyed doing in the past.
3. Decide which one you might be able to do now.
4. Start the activity.

Skill 44: Deciding What Caused a Problem

SKILL STEPS

1. Define what the problem is.
2. Think about possible causes of the problem.
3. Decide which are the most likely causes of the problem.
4. Check out what really caused the problem.

Skill 45: Setting a Goal

SKILL STEPS

1. Figure out what goal you want to reach.
2. Find out all the information you can about how to reach your goal.
3. Think about the skill steps you will need to take to reach your goal.
4. Take the first step toward your goal.

Skill 46: Deciding on Your Abilities

SKILL STEPS

1. Decide which abilities you might want to use.
2. Think about how you have done in the past when you have tried to use these abilities.
3. Get other people's opinions about your abilities.
4. Think about what you found out and decide how well you use these abilities.

From ***Aggression Replacement Training: A Comprehensive Intervention for Aggressive Youth, Third Edition***, by Barry Glick and John C. Gibbs (Champaign, IL: Research Press, 2011). Reprinted by permission of the publisher. Copyright 2011 by Barry Glick and John C. Gibbs.

Fifty Social Skills that Can be Used in Aftercare Lessons

Skill 47: Gathering Information

SKILL STEPS

1. Decide what information you need.
2. Decide how you can get the information.
3. Do things to get the information.

Skill 48: Arranging Problems by Importance

SKILL STEPS

1. Think about the problems that are bothering you.
2. List these problems from most to least important.
3. Do what you can to hold off on your less important problems.
4. Go to work on your most important problems.

Skill 49: Making a Decision

SKILL STEPS

1. Think about the problem that requires you to make a decision.
2. Think about possible decisions you could make.
3. Gather accurate information about these possible decisions.
4. Reconsider your possible decisions, using the information you have gathered.
5. Make the best decision.

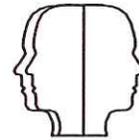
Skill 50: Concentrating on a Task

SKILL STEPS

1. Decide what your task is.
2. Decide on a time to work on this task.
3. Gather the materials you need.
4. Decide on a place to work.
5. Decide if you are ready to concentrate.

From ***Aggression Replacement Training: A Comprehensive Intervention for Aggressive Youth, Third Edition***, by Barry Glick and John C. Gibbs (Champaign, IL: Research Press, 2011). Reprinted by permission of the publisher. Copyright 2011 by Barry Glick and John C. Gibbs.

Homework Sheet: Problem Solving Aftercare



-
- Between now and next session identify a situation that caused you some type of problem.
 - It can be a minor problem like having to wait in line when you don't want to or a major problem that could result in a fight.
 - Identify what you did in that situation that helped you not make the problem worse.

1. What warning signs let you know you were having a problem? _____

2. What is your problem statement? _____

3. What thinking, actions, and social skills did you use to keep the problem from getting worse? _____

U.S. Department of Justice
National Institute of Corrections

Washington, DC 20534

Official Business
Penalty for Private Use \$300

www.nicic.gov

National Institute of Corrections • 320 First Street, NW • Washington, DC 20534 • 800-995-6423
