

Skill Cards

Recognizing your Feelings

<p>Recognizing your Feelings:</p> <ol style="list-style-type: none">1. Tune in to your body's physical sensations.2. Identify the situation that seemed to be connected.3. Identify the emotion that you are feeling.	<p>Recognizing your Feelings:</p> <ol style="list-style-type: none">1. Tune in to your body's physical sensations.2. Identify the situation that seemed to be connected.3. Identify the emotion that you are feeling.
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Using Self-control

<p>Using Self-control:</p> <ol style="list-style-type: none">1. Pay attention to your body language and physical sensations that lead to losing control.2. Pay attention to your risky thoughts.3. Think about different self-control strategies.4. Choose the best self-control strategy and do it.	<p>Using Self-control:</p> <ol style="list-style-type: none">1. Pay attention to your body language and physical sensations that lead to losing control.2. Pay attention to your risky thoughts.3. Think about different self-control strategies.4. Choose the best self-control strategy and do it.
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Dealing with Urges

<p>Dealing with Urges:</p> <ol style="list-style-type: none">1. Identify what risky situation is triggering your urge to use.2. Identify your thoughts about the situation.3. Tune in to your body and identify your feelings and physical sensations.4. Choose 1 or more strategies for dealing with your urge and do it. (Examples: distraction, urge surfing, positive self-talk, or contacting a support person).	<p>Dealing with Urges:</p> <ol style="list-style-type: none">1. Identify what risky situation is triggering your urge to use.2. Identify your thoughts about the situation.3. Tune in to your body and identify your feelings and physical sensations.4. Choose 1 or more strategies for dealing with your urge and do it. (Examples: distraction, urge surfing, positive self-talk, or contacting a support person).
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Managing Anger

<p>Managing Anger:</p> <ol style="list-style-type: none">1. Identify the risky situation triggering your anger.2. Identify your thoughts, feelings, physical sensations, and body language.3. Think about the possible consequences of how you respond to the situation.4. Choose self-control strategies for dealing with your anger and use them.	<p>Managing Anger:</p> <ol style="list-style-type: none">1. Identify the risky situation triggering your anger.2. Identify your thoughts, feelings, physical sensations, and body language.3. Think about the possible consequences of how you respond to the situation.4. Choose self-control strategies for dealing with your anger and use them.
<p>Managing Anger:</p> <ol style="list-style-type: none">5. Identify the risky situation triggering your anger.6. Identify your thoughts, feelings, physical sensations, and body language.7. Think about the possible consequences of how you respond to the situation.8. Choose self-control strategies for dealing with your anger and use them.	<p>Managing Anger:</p> <ol style="list-style-type: none">1. Identify the risky situation triggering your anger.2. Identify your thoughts, feelings, physical sensations, and body language.3. Think about the possible consequences of how you respond to the situation.4. Choose self-control strategies for dealing with your anger and use them.
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Dealing with Rejection and Failure

<p>Dealing with Rejection and Failure:</p> <ol style="list-style-type: none">1. Decide if you feel rejected or have failed at something.2. Think about different ways to manage how you feel.3. Pick the best way and do it.4. Think about how to avoid feeling rejected or failing again.	<p>Dealing with Rejection and Failure:</p> <ol style="list-style-type: none">1. Decide if you feel rejected or have failed at something.2. Think about different ways to manage how you feel.3. Pick the best way and do it.4. Think about how to avoid feeling rejected or failing again.
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Effective Communication

<p>Effective Communication:</p> <ol style="list-style-type: none">1. Get curious about the other person.2. Focus on what is positive that they are saying.3. Stay open-minded.4. Check in to see if you understand the message.	<p>Effective Communication:</p> <ol style="list-style-type: none">1. Get curious about the other person.2. Focus on what is positive that they are saying.3. Stay open-minded.4. Check in to see if you understand the message.
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Understanding the Feelings of Others

<p>Understanding the Feelings of Others:</p> <ol style="list-style-type: none">1. Pay attention to the person's words and body language.2. Identify the most likely emotion being communicated to you.3. Calmly check in to see if you are correct.4. Ask an open question to get more information.	<p>Understanding the Feelings of Others:</p> <ol style="list-style-type: none">1. Pay attention to the person's words and body language.2. Identify the most likely emotion being communicated to you.3. Calmly check in to see if you are correct.4. Ask an open question to get more information.
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Deciding to say “No:”

<p>Deciding to say “No:”</p> <ol style="list-style-type: none">1. Decide if the situation is risky for you.2. Think about different ways to say “No.”3. Choose the best way to say “No” in the situation and do it.4. If appropriate, suggest other things to do that are not risky.	<p>Deciding to say “No:”</p> <ol style="list-style-type: none">1. Decide if the situation is risky for you.2. Think about different ways to say “No.”3. Choose the best way to say “No” in the situation and do it.4. If appropriate, suggest other things to do that are not risky.
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Communicating your Needs

<p>Communicating your Needs:</p> <ol style="list-style-type: none">1. Choose a time and place where everyone is calm.2. Ask the person's permission to have a conversation.3. If the person agrees, objectively describe the situation and then state your own thoughts and feelings.4. Make your request, allowing the other person to accept or decline.	<p>Communicating your Needs:</p> <ol style="list-style-type: none">1. Choose a time and place where everyone is calm.2. Ask the person's permission to have a conversation.3. If the person agrees, objectively describe the situation and then state your own thoughts and feelings.4. Make your request, allowing the other person to accept or decline.
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Finding Support

<p>Finding Support:</p> <ol style="list-style-type: none">1. Think about different people or places you could find support avoiding substance abuse.2. Think about the different ways to connect with those individuals or groups.3. Contact the person or group and ask for support in making positive changes.	<p>Finding Support:</p> <ol style="list-style-type: none">1. Think about different people or places you could find support avoiding substance abuse.2. Think about the different ways to connect with those individuals or groups.3. Contact the person or group and ask for support in making positive changes.
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Assertive Communication

<p>Assertive Communication:</p> <ol style="list-style-type: none">1. Think how you feel about the person's behavior.2. Describe the behavior to the person, saying, "When you do..."3. Describe your feelings and how the person's behavior affects you, saying, "then I feel/think..."4. State what you would like to happen in the future.	<p>Assertive Communication:</p> <ol style="list-style-type: none">1. Think how you feel about the person's behavior.2. Describe the behavior to the person, saying, "When you do..."3. Describe your feelings and how the person's behavior affects you, saying, "then I feel/think..."4. State what you would like to happen in the future.
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Responding to Criticism

<p>Responding to Criticism:</p> <ol style="list-style-type: none">1. Remind yourself to stay calm and listen with an open mind.2. Think about why the person is criticizing you.3. Think about ways to address the criticism that will keep the conversation calm.4. Choose the best option and do it.	<p>Responding to Criticism:</p> <ol style="list-style-type: none">1. Remind yourself to stay calm and listen with an open mind.2. Think about why the person is criticizing you.3. Think about ways to address the criticism that will keep the conversation calm.4. Choose the best option and do it.
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Dealing with Peer Pressure

<p>Dealing with Peer Pressure:</p> <ol style="list-style-type: none">1. Decide if you are in a risky situation.2. Decide how you could best manage the situation.3. Tell the other people what you decided.4. Suggest another activity that is not risky for you.	<p>Dealing with Peer Pressure:</p> <ol style="list-style-type: none">1. Decide if you are in a risky situation.2. Decide how you could best manage the situation.3. Tell the other people what you decided.4. Suggest another activity that is not risky for you.
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Getting Involved in a Positive Activity

<p>Getting Involved in a Positive Activity:</p> <ol style="list-style-type: none">1. Decide if this is a positive activity you want to participate in.2. Think about different ways you could get involved.3. Decide the best time and way to get involved.4. Get involved in the activity.	<p>Getting Involved in a Positive Activity:</p> <ol style="list-style-type: none">1. Decide if this is a positive activity you want to participate in.2. Think about different ways you could get involved.3. Decide the best time and way to get involved.4. Get involved in the activity.
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Celebrating a Positive Event

<p>Celebrating a Positive Event:</p> <ol style="list-style-type: none">1. Decide if the situation is something you want to celebrate.2. Choose a healthy reward that supports your goal.3. Reward yourself.	<p>Celebrating a Positive Event:</p> <ol style="list-style-type: none">1. Decide if the situation is something you want to celebrate.2. Choose a healthy reward that supports your goal.3. Reward yourself.
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Problem-Solving:

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Responding to a Roadblock

<p>Responding to a Roadblock:</p> <ol style="list-style-type: none">1. Identify the roadblock and the reasons it occurred.2. Identify steps to overcome the roadblock and add them to your Success Plan.3. Practice your updated plan.	<p>Responding to a Roadblock:</p> <ol style="list-style-type: none">1. Identify the roadblock and the reasons it occurred.2. Identify steps to overcome the roadblock and add them to your Success Plan.3. Practice your updated plan.
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