

# Skill List

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## **Motivational Engagement Skills:**

- \*Decisional Balance
- \*Setting a Goal

## **Cognitive Restructuring:**

- \*Creating Replacement Thoughts
- \*Behavior Chain

## **Emotion Regulation Skills:**

- \*‘Recognizing Your Feelings’
- \*Self-Control Strategies (paced breathing; counting backwards; pleasant imagery; self-talk)
- \*‘Using Self-Control’
- \*Managing Urges (distraction; urge surfing; self-talk; contacting a support person)
- \*‘Dealing with Urges’
- \*‘Managing Anger’
- \*Managing Stress, Anxiety, and Sadness (self-talk; mood surfing)
- \*‘Dealing with Rejection and Failure’

## **Social Skills:**

- \* ‘Having a Conversation’
- \* ‘Understanding the Feelings of Others’
- \* ‘Deciding to Say “No”’
- \* ‘Communicating Your Needs’
- \* ‘Finding Support’
- \* ‘Asserting Yourself’
- \* ‘Responding to Criticism’
- \* ‘Dealing with Peer Pressure’
- \* ‘Getting Involved in a Positive Activity’
- \* ‘Celebrating a Positive Event’

## **Problem-Solving Skills:**

- \*Identifying your Problem and Goal
- \*Brainstorming Options
- \*Planning and Trying Your Solution