

**TABLE 6.3. Examples of Curriculum Menus**

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Anger Management

Expressing Unpleasant Feelings  
Leaving Stressful Situations  
Responding to Untrue Accusations  
Expressing Angry Feelings  
Disagreeing with Another's Opinion without Arguing  
Responding to Unwanted Advice

Coping with Substance Use

Offering an Alternative to Using Drugs and Alcohol  
Requesting That a Family Member or Friend Stop Asking You to Use Drugs and Alcohol  
Leaving Stressful Situations  
Compromise and Negotiation  
Solving Problems

Using Leisure and Recreation Time

Finding Common Interests  
Making Requests  
Refusing Requests  
Asking for Privacy  
Compromise and Negotiation  
Asking for Information  
Listening to Others  
Starting a Conversation with a New or Unfamiliar Person  
Getting Your Point Across

Managing Positive Symptoms

Listening to Others  
Checking Out Your Beliefs  
Leaving Stressful Situations  
Letting Someone You Know That You Feel Unsafe  
Making a Doctor's Appointment on the Phone  
Asking Questions about Medications  
Complaining about Medication Side Effects  
Responding to Untrue Accusations

Vocational Maintenance

Listening to Others  
Following Verbal Instructions  
Responding to Criticism from a Supervisor  
Asking for Feedback about Job Performance  
Joining Ongoing Conversations at Work  
Disagreeing with Another's Opinion without Arguing  
Asking for Information  
Asking for Help  
Solving Problems

Developing Romantic/Intimate Relationships

Giving Compliments  
Accepting Compliments  
Expressing Positive Feelings  
Asking Someone for a Date  
Expressing Affection  
Refusing Unwanted Sexual Advances  
Compromise and Negotiation  
Requesting That Your Partner Use a Condom

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