

# **SUPPLEMENTAL ADVANCED SOCIAL SKILLS**

- I. Accepting Apologies
- II. Calling Friends and Family
- III. Maintaining a Conversation

**The following skills were created by SST Facilitators. Please note, these skills are not in Bellack et al. (2004) manual. The following skills can be helpful if they're relevant to group members' SMART goals.**

**\*Please do not teach these skills if you are a current SST training participant.**

# **SOCIAL SKILLS**

## **Accepting Apologies**

**Step 1.** Look at the person and listen to their apology.

**Step 2.** Thank the person for their apology.

**Step 3.** If appropriate, tell the person how their apology makes you feel.

# SOCIAL SKILLS

## Calling Family and Friends

- Step 1.** Choose a person to call.
- Step 2.** Greet the person warmly.
- Step 3.** Maintain the conversation by
  - a. Asking questions *and*
  - b. Talking about yourself
- Step 4.** End the conversation

# SOCIAL SKILLS

## Maintaining a Conversation

- Step 1.** Greet the person.
- Step 2.** Maintain the conversation by:
- a. Making a brief statement about how something makes you feel *or*
  - b. Asking a general question *or*
  - c. Giving information
- Step 3.** Judge if the person is listening and is interested in continuing the conversation.

## SOCIAL SKILLS OUTSIDE PRACTICE RECORD

### SKILL:

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The steps are:

- 1.
  - 2.
  - 3.
  - 4.
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Name: \_\_\_\_\_ Date Assigned: \_\_\_\_\_

Person Assisting with Outside Practice: \_\_\_\_\_

Skill Being Practiced: \_\_\_\_\_

**My Plan** (brief description of assignment):

Practice Date: \_\_\_\_\_ Location: \_\_\_\_\_

Briefly describe what took place:

How effective were you at using the skill during the outside practice?

Please check one:

- Not at all effective
- A little effective
- Moderately effective
- Very effective
- Highly effective