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:

The steps are:

1. 
2. 
3. 
4. 

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