

TABLE 6.3. Examples of Curriculum Menus

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
