### 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

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