Social Skills

FOUR BASIC SOCIAL SKILLS

Listening to Others

Making Requests

Expressing Positive Feelings

Expressing Unpleasant Feelings
Social Skills

Listening to Others

Step 1. Look at the person.

Step 2. Let the person know that you are listening by either nodding your head OR saying something like “Uh-huh” or “OK” or “I see.”

Step 3. Repeat back what you heard the person saying.
Social Skills

Making Requests

Step 1. Look at the person.

Step 2. Say exactly what you would like the person to do.

Step 3. Tell the person how it would make you feel.

In making your request, use phrases like:

“I would like you to__________”

“I would really appreciate it if you would do______”

“It’s very important to me that you help me with __________”
Social Skills

Expressing Positive Feelings

Step 1. Look at the person.

Step 2. Tell the person exactly what it was that pleased you.

Step 3. Tell the person how it made you feel.
Social Skills

Expressing Unpleasant Feelings

Step 1. Look at the person. Speak calmly and firmly.

Step 2. Say exactly what the other person did that upset you.

Step 3. Tell the person how it made you feel.

Step 4. Suggest how the person might prevent this from happening in the future.