

Thinking for a Change

Lesson	OLD	Lesson	T4C 3.0
			Preface
1	Introduction and Overview	1	Introduction

Social Skills

2	Active Listening Skill	2	Active Listening
3	Asking a Question	3	Asking Questions
4	Giving Feedback	4	Giving Feedback
		5	Knowing Your Feelings

Cognitive Self Change

5	Our Thinking Controls How We Act	6	Thinking Controls Our Behavior
6	Paying Attention to Our Thinking	7	Pay Attention to Our Thinking
7	Recognizing the Thinking that Leads to Trouble	8	Recognize Risk
8	Finding New Thinking	9	Use New Thinking
9	Using Thinking Check Ins	10	Thinking Check-in

Social Skills

10	Knowing Your Feelings		
11	Understanding the Feelings of Others	11	Understanding the Feelings of Others
12	Responding to the Feelings of Others		
13	Preparing for a Stressful Conversation		
		12	Making a Complaint

		13	Apologizing
14	Responding to Anger	14	Responding to Anger
		15	Negotiating
15	Dealing with an Accusation		

Problem Solving

16	Introduction to Problem Solving	16	Introduction to Problem Solving
17	Step 1 Stop and Think	17	Stop and Think
18	Step 2 Problem Description	18	State the Problem
19	Step 3 Getting Information to Set a Goal	19	Set a Goal and Gather Information
		20	Practice Problem Solving Skills 1 – 3
20	Step 4 Choices and Consequences	21	Think of Choices and Consequences
21	Step 5 Choose, Plan, Do	22	Make a Plan
		23	Do and Evaluate
	Step 6 Evaluate		
		24	Problem Solving – Application

After-care

22	Self-Evaluation: What Else Do I Need	25	Next Steps
		Appendix A	Cognitive Self Change After -care Template
		Appendix B	Social Skills After-care Template
		Appendix C	Problem Solving Skills After-care Template

