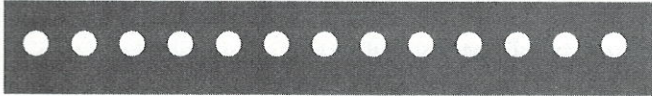


Skillstreaming the **Adolescent**



Student ***Manual***

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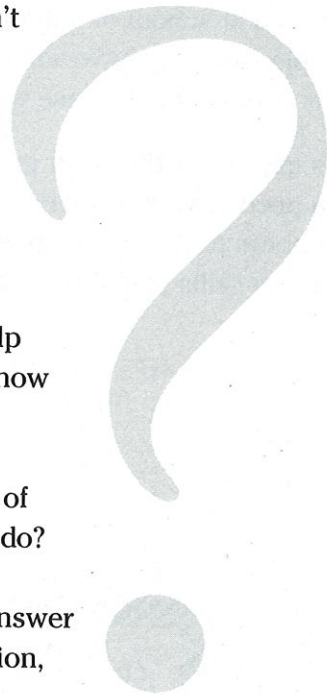
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Introduction to Skillstreaming

Every person—whether a parent, a teacher, or a student like yourself—has difficult times. Have you ever experienced any of the following:

- ⇒ Times when you feel angry but don't know quite what to do about it?
- ⇒ Times when you want to express positive feelings toward another person but can't figure out the best way?
- ⇒ Times when you think you need help from someone else but aren't sure how or when to ask?
- ⇒ Times when you have been left out of something and don't know what to do?
- ⇒ Times when you need to make or answer a complaint, respond to an accusation, or deal with failure?



**Skillstreaming
can help you learn how
to deal with these “people problems” in ways
that will work for you and for the adults and peers in your life.**

