Module Improving social skills

Cognitive behavioral therapy and skills training

- ► Table 1: Note down difficulties you experience in communication and social contact, related to distractibility, impulsivity or substance use.
- ► Table 2: Write down strategies to improve your social skills.

Difficulties experienced in communication and social contact:	
Strategies to improve social skill	s:
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Creating an overview of the social network

- ► Create an overview of your current social network in the first table.
- Consider the meaning of the people in your social network and write down how satisfied you are, if you would like to change the frequency of certain contacts and how change could be effectuated.

My social network:	
Satisfaction with the current social network:	
Desired changes in the social network:	
How can change be effectuated?	