


## Thinking for a Change: Lessons 1-25

1: Introduction	6: Thinking Controls Our Behavior	11: Understanding the Feelings of Others	16: Introduction to Problem Solving	21: Think of Choices and Consequences
2: Active Listening	7: Pay Attention to Our Thinking	12: Making a Complaint	17: Stop and Think	22: Make a Plan
3: Asking Questions	8: Recognize Risk	13: Apologizing	18: State the Problem	23: Do and Evaluate
4: Giving Feedback	9: Use New Thinking	14: Responding to Anger	19: Set a Goal and Gather Information	24: Problem Solving Practice
5: Knowing Your Feelings	10: Thinking Check-in	15: Negotiating	20: Practice Problem Solving Skills 1, 2 and 3	25: Next Steps

 Social Skills

 Cognitive Self-Change

 Problem Solving