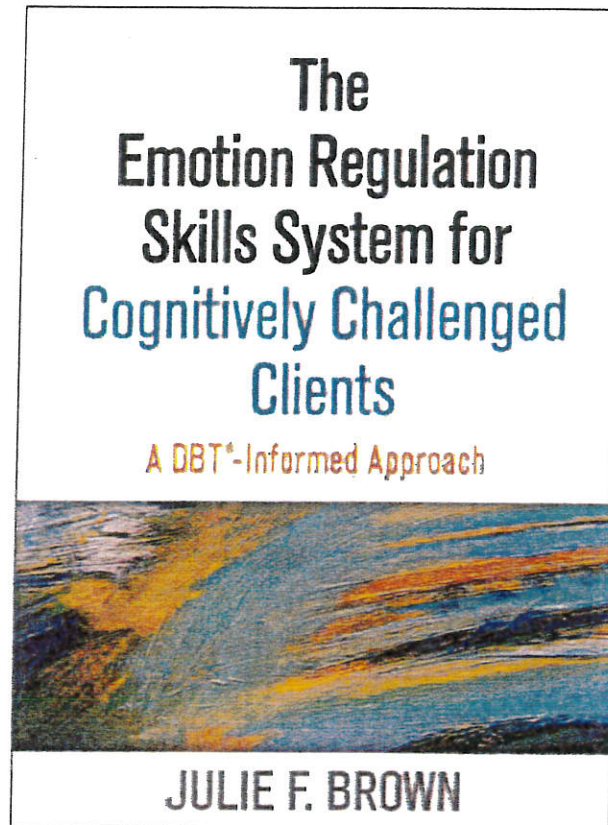


Skills System Training- 1-Hour Overview



Julie F. Brown, PhD



Skills System

Skills List



1. Clear Picture



2. On-Track Thinking



3. On-Track Action



4. Safety Plan



5. New-Me Activities

All-the-Time
Skills



0-5
Feelings



6. Problem Solving



7. Expressing Myself



8. Getting It Right



9. RelationSHIP Care

Calm Only
Skills



0-3
Feelings

Feelings Rating Scale

Overwhelming
Feeling



5

Level 5 =
Hurting Self, Other,
or Property

Level 4 =

Fuzzy Thinking;
Unable to Talk, Listen &
Have a 2-Way Street
Relationship



4

Strong
Feeling



3

Medium
Feeling



2

Small
Feeling



1

Tiny
Feeling



No
Feeling

Levels 0-3 =
Clear Thinking;
Able to Talk, Listen &
Have a 2-Way Street
Relationship