

HOW SKILLS

Match the correct answer to the corresponding How Skill

Answers

1. Acknowledge your own thoughts and feelings, but do not judge them
2. Be aware of your goals in the situation
3. Do one thing at a time, no multitasking

NON-JUDGMENTALLY

- Do not judge as good or bad, right or wrong
- Pay attention to the facts
- Answer #: _____

ONE-MINDFULLY

- Be completely present in the current moment
- Let go of distractions
- Answer #: _____

EFFECTIVELY

- Play by the rules for the environment you are in (the rules at home and school may be very different)
- Let go of negative feelings that can make things worse
- Answer #: _____