

VPP Skills

1. **Self-Monitoring**- Checking your thoughts, feelings and actions to see where you're headed. Are you getting closer to your goals or moving away from your goals.
2. **Anticipating consequences**- Thinking about what is likely to happen if you act in a certain way.
3. **Decisional balance**- weighing the long and short term cost and benefits of something you're thinking of doing.
4. **Thought stopping**- interrupting unwanted thoughts.
5. **Slow deep breathing**- relaxation- slow down your breathing.
6. **Timeout**- Temporarily leaving a tense situation in order to regain control of your feelings and actions.
7. **Cue Relaxation**- Muscle relaxation without preliminary tensing and using two "cue" words "**Breath in**" and "**Relax**".
8. **Progressive Muscle Relaxation (PMR)** - Tensing and then relaxing muscles.
9. **Calming Self Talk**- Using a word or phrase to tell yourself to calm down (Or to make yourself feel better).
10. **Mental Imagery**- Imagining a moment of peace or being in a very relaxing place.
11. **Consequences, Personal standards, Reality check (CPR)** - Challenging your self-talk (**thinking**) by asking a series of questions.
12. **Making More Accurate Assumptions**- Making assumptions as closely based on facts as possible. Accurately evaluating the size of an obstacle- gathering information about an obstacle in order to determine what you have to do in order to deal with it.
13. **Making more Accurate Social Assumptions**- Making assumptions about people as closely based on facts as possible.
14. **Mindful Breathing**- Clearing your mind by focusing on your breathing.
15. **Gathering More Information**- Increasing the amount of information you're consider when you're trying to solve a problem.
16. **Problem Solving (Focus Model)**- Using a five step problem solving strategy.

17. **Old way/New way**- Finding a new way of thinking about something.
18. **STOP and THINK (Impulse and Urge Control)** - Stopping what you're doing and saying and taking 60 seconds to think about where your actions are taking you.
19. **Goal Setting**- Selecting a goal and planning how you will achieve it.
20. **Goal Checking**- Thinking about what you're doing in order to decide whether you are working towards your goals or against your goals.
21. **Respectful listening (Active Listening)** - Attending carefully to what the other person is saying.
22. **Saying No**- Refusing a request.
23. **Asking for Help**- Asking another person to do something for you.
24. **Responding to anger**- Responding calmly to someone else's anger.
25. **Perspective Talking**- Looking at things from another's person's point of view.
26. **Giving Praise (Reinforcement)** - Telling someone something positive about themselves, could be their behavior or their performance.
27. **Expressing Feeling, Needs and wishes**- Stating what you feel or what you want.
28. **Disarming Criticism**- Agreeing with at least some part of a criticism.
29. **Negotiation/Conflict Resolution, using FOCUS**- Using the focus problem solving.