

Skill 24: Helping Others

SKILL STEPS

- 1. Decide if the other person might need and want your help.**
Think about the needs of the other person; observe.
- 2. Think of the ways you could be helpful.**
- 3. Ask the other person if he/she needs and wants your help.**
Make the offer sincere, allowing the other to decline if he/she wishes.
- 4. Help the other person.**

SUGGESTED MODELING DISPLAYS

School or neighborhood: Main actor offers to help teacher arrange chairs in classroom.

Home: Main actor offers to help prepare dinner.

Peer group: Main actor offers to bring class assignments home for sick friend.

Job: When finished with own job, main actor offers to help co-worker to finish.

HOMWORK REPORT I

Skill 24: Helping Others

Name _____ Date _____

SKILL STEPS

1. Decide if the other person might need and want your help.
2. Think of the ways you could be helpful.
3. Ask the other person if he/she needs and wants your help.
4. Help the other person.

FILL IN NOW

1. Where will you try the skill? _____
2. With whom will you try the skill? _____
3. When will you try the skill? _____

FILL IN AFTER YOU PRACTICE THE SKILL

1. What happened when you did the homework?

2. Which skill steps did you really follow?

3. How good a job did you do in using the skill? (*check one*)
 excellent good fair poor

HOMWORK REPORT 2

Skill 24: Helping Others

Name _____ Date _____

SKILL STEPS

1. Decide if the other person might need and want your help.
2. Think of the ways you could be helpful.
3. Ask the other person if he/she needs and wants your help.
4. Help the other person.

FILL IN NOW

1. Where will you try the skill? _____
2. With whom will you try the skill? _____
3. When will you try the skill? _____
4. If you do an excellent job, how will you reward yourself? _____
5. If you do a good job, how will you reward yourself? _____
6. If you do a fair job, how will you reward yourself? _____

FILL IN AFTER YOU PRACTICE THE SKILL

1. What happened when you did the homework?

2. Which skill steps did you really follow?

3. How good a job did you do in using the skill? (*check one*)
 excellent good fair poor
4. What do you think your next homework assignment should be?
