



Adult Social Skills Class

Total Life Counseling Center



▶ 15 Symptoms or Tips to Identify Social Concerns:

If you can answer yes to two or more of these items about yourself, you may need help to connect socially with your peers and to prepare for the real world. Here are a few symptoms to look for:

1. Unable to recognize non-verbal cues
2. Gets in peers personal space
3. Annoy others to get attention because I do not know how to get it another way
4. Low self confidence
5. Poor eye contact
6. Only interested in myself rather than taking an interest in my peers
7. Talk too much
8. Lack assertion
9. Impulsive or blurt out responses
10. Try too hard to make friends laugh - I think humor will get me friends
11. I do not know how to roll with conflict
12. Have a need for justice & fairness and judges peers
13. Isolate or withdraw from peers
14. Always want to be first or want things my way
15. Friends do not call for dates or to hang out!

Group Includes the Following Skills Training

- ◆ Daily Living Skills
- ◆ Self-Esteem
- ◆ Communication Skills
- ◆ Money Management
- ◆ Stress Management
- ◆ Anger Management
- ◆ Coping Skills & Support
- ◆ Decision Making Skills
- ◆ Reading Non-Verbal Cues
- ◆ Managing Time
- ◆ Relaxation Training
- ◆ How to Talk to the Opposite Sex

1507 S Hiawasse Road #101
 Orlando, FL 32835
 Satellite Locations: Winter Park, Clermont
 & East Orlando
 Phone: 407-248-0030
 E-mail: info@TotalLifeCounseling.com
 Web: TotalLifeCounseling.com

Everyone Needs a Little TLC

