



Positive Life Changes: How Do I Get Along with Others?

By Nancy G. Guerra

Research Press Inc., U.S., United States, 2009. Paperback. Book Condition: New. Workbook. 284 x 216 mm. Language: English . Brand New Book. The main focus of this workbook is on helping individuals understand other people's points of view and consider how their actions affect others, how other people influence their actions, the importance of friends and healthy relationships, and how they can build a network of positive social support. Sold in packets of five, not available individually. The lessons in this workbook are designed to help participants learn more about how they are connected to others, how to consider the welfare of others, and how to recognize the different ways that peers and groups influence their behavior. The primary goals are to increase skills in empathy, recognition of peer influences, and ability to resist peer pressure, as well as to help participants build a positive social support network. Emphasizing concern for others, moral system of belief, and prosocial connectedness, lessons help participants increase their understanding of others' perspectives and awareness of how others feel (empathy building). Lessons also emphasize social influence and how peers and social groups can promote prosocial behavior as opposed to encouraging risky or harmful behaviors. The...



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