

# The 16 Basic Social Skills

1. Following Instructions
2. Accepting Criticism
3. Accepting No for an Answer
4. Staying Calm
5. Disagreeing with Others
6. Asking for Help
7. Asking Permission
8. Getting Along with Others
9. Apologizing
10. Having a Conversation
11. Giving Compliments
12. Accepting Compliments
13. Listening to Others
14. Being Honest
15. Showing Sensitivity to Others
16. Introducing Yourself

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