



### The Essential Eight

Eight Must-have Skills that are Essential for Effective Living and that Virtually Insure the Absence of Problem Behavior

<b>One.</b>	<b>MAKING REQUESTS</b> for highly preferred items and activities and for the removal or reduction in intensity of non-preferred situations
<b>Two.</b>	<b>WAITING</b> [after making requests]
<b>Three.</b>	<b>ACCEPTING REMOVALS</b> -- the Removal of Preferred Items and Activities, Making Transitions, Sharing, Taking Turns
<b>Four.</b>	<b>COMPLETING REQUIRED TASKS</b> -- 10 Consecutive, Brief, Previously Acquired Tasks [cooperation]
<b>Five.</b>	<b>ACCEPTING 'NO'</b>
<b>Six.</b>	<b>FOLLOWING DIRECTIONS</b> related to Health and Safety
<b>Seven.</b>	<b>COMPLETING DAILY LIVING SKILLS</b> related to Health and Safety
<b>Eight.</b>	<b>TOLERATING SITUATIONS</b> related to Health and Safety

These must-have skills are part of **Skill Domains 1, 2, 4, and 6** and, along with an **Effective Method of Speaking** [Chapter 6] are the Pillars around which Essential for Living was built