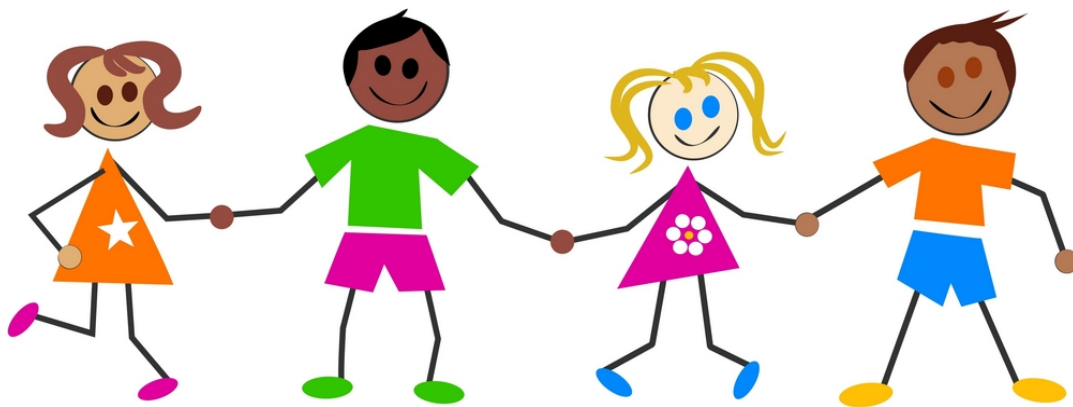


Psychological Skills

J. M. Strayhorn

Psychological skills are adaptive patterns of thought, feelings, and behavior, employed in ways appropriate for particular circumstances; each skill contributes to overall competence, which can be called “mental health.”



The Competent Child, 1988