

Social Skills Outside Practice Record

Checking Out Your Beliefs

The steps are:

Step 1. Choose a person you trust to talk to.

Step 2. Tell the person what your belief is.

Step 3. Ask the person what his or her opinion is.

Step 4. Repeat back the opinion, and thank the person for his or her point of view.

Name:_____ **Date Assigned:**_____

Person Assisting with Outside Practice:

Skill Being Practiced:

Brief description of assignment (my plan):

Date practiced:_____ **Location:**_____

Briefly describe what took place:

How effective were you at using the skill during the outside practice? Please check one:

- 1. not at all effective
- 2. a little effective
- 3. moderately effective
- 4. very effective
- 5. highly effective