

Social Skills Outside Practice Record

Leaving Stressful Situations

The steps are:

Step 1. Determine whether the situation is stressful (i.e. tune in to your thoughts, feelings, and physical sensations).

Step 2. Tell the other person that the situation is stressful and that you must leave.

Step 3. If there is a conflict, tell the person that you will discuss it with him or her at another time.

Step 4. Leave the situation.

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