

## **Social Skills Outside Practice Record** **Refusing Requests**

The steps are:

Step 1. Look at the person. Speak firmly and calmly.

Step 2. Tell the person you cannot do what he or she asked. Use a phrase such as "I'm sorry but I cannot \_\_\_\_\_."

Step 3. Give a reason if it seems necessary.

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**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