

SOCIAL SKILLS OUTSIDE PRACTICE RECORD

Checking Out Your Beliefs

The steps are:

1. Choose a person you trust to talk to.
 2. Tell the person what your belief is.
 3. Ask the person what their opinion is.
 4. Repeat back the opinion, and thank the person for their point of view.
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Name: _____ Date Assigned: _____

Person Assisting with Outside Practice: _____

Skill Being Practiced: _____

My Plan (brief description of assignment):

Practice Date: _____ Location: _____

Briefly describe what took place:

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

- Not at all effective
- A little effective
- Moderately effective
- Very effective
- Highly effective