

SOCIAL SKILLS OUTSIDE PRACTICE RECORD

Expressing Unpleasant Feelings

The steps are:

1. Look at the person. Speak calmly and firmly.
 2. Say exactly what the other person did that upset you.
 3. Tell the person how it made you feel.
 4. Suggest how the person might prevent this from happening in the future.
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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