

SOCIAL SKILLS OUTSIDE PRACTICE RECORD

Letting Someone Know That You Feel Unsafe

The steps are:

1. Choose a person you trust to speak to.
 2. Tell that person what is making you feel unsafe. Try to be *specific* about your fears.
 3. Ask the person for advice.
-

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