

## SOCIAL SKILLS OUTSIDE PRACTICE RECORD

# Requesting That a Family Member or Friend Stop Asking You to Use Drugs and Alcohol

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The steps are:

1. Look at the person. Make eye contact.
  2. Use a firm voice and tell the person that you don't want to use drugs or alcohol.
  3. Give the person a reason why you do not want to use.
  4. Request that the person not ask you to use drugs or alcohol.
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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