

SOCIAL SKILLS OUTSIDE PRACTICE RECORD

Offering an Alternative to Using Drugs and Alcohol

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. Suggest another activity. If the person has drugs or alcohol with them, leave the situation.
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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