

## SOCIAL SKILLS OUTSIDE PRACTICE RECORD

# Requesting a Change in Your Medication Dosage

---

The steps are:

1. Choose an appropriate person to speak to (e.g., a nurse or doctor).
  2. Explain why you want a change in your medication dosage.
  3. Discuss the advantages and disadvantages of changing your medication dosage.
  4. Ask questions if you do not understand what is being said.
  5. If you disagree with the advice, suggest a compromise.
- 

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