SOCIAL SKILLS OUTSIDE PRACTICE RECORD

Checking Out Your Beliefs

The steps are:

1. Choose a person you trust to talk to.
2. Tell the person what your belief is.
3. Ask the person what their opinion is.
4. Repeat back the opinion, and thank the person for their point of view.

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