Disagreeing with Another’s Opinion without Arguing

The steps are:

1. Briefly state your point of view.
2. Listen to the other person’s opinion without interrupting.
3. If you don’t agree with the other person’s opinion, simply say that it is OK to disagree.
4. End the conversation or move on to another topic.

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