SOCIAL SKILLS OUTSIDE PRACTICE RECORD

Expressing Angry Feelings

The steps are:

1. Look at the person. Speak firmly and *calmly*.
2. Tell the person specifically what they did that made you angry. Be brief.
3. Tell the person about your angry feelings. Be brief.
4. Suggest how the person might prevent the situation from happening in the future.

Name: ___________________________  Date Assigned: ______________________

Person Assisting with Outside Practice: ________________________________

Skill Being Practiced: ________________________________

My Plan (brief description of assignment):

Briefly describe what took place:

Practice Date: _________________  Location: ____________________________

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