Expressing Unpleasant Feelings

The steps are:

1. Look at the person. Speak calmly and firmly.
2. Say exactly what the other person did that upset you.
3. Tell the person how it made you feel.
4. Suggest how the person might prevent this from happening in the future.

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