SOCIAL SKILLS OUTSIDE PRACTICE RECORD

Leaving Stressful Situations

The steps are:

1. Determine whether the situation is stressful (i.e., tune in to your thoughts, feelings, and physical sensations).
2. Tell the other person that the situation is stressful and that you must leave.
3. If there is a conflict, tell the person that you will discuss it with them at another time.
4. Leave the situation.

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