SOCIAL SKILLS OUTSIDE PRACTICE RECORD

Letting Someone Know That You Feel Unsafe

The steps are:

1. Choose a person you trust to speak to.
2. Tell that person what is making you feel unsafe. Try to be *specific* about your fears.
3. Ask the person for advice.

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