Social Skills Outside Practice Record
Checking Out Your Beliefs

The steps are:

Step 1. Choose a person you trust to talk to.

Step 2. Tell the person what your belief is.

Step 3. Ask the person what his or her opinion is.

Step 4. Repeat back the opinion, and thank the person for his or her point of view.

Name:_________________________ Date Assigned:_________________________

Person Assisting with Outside Practice:

Skill Being Practiced:

Brief description of assignment (my plan):

Date practiced:______________ Location:____________________

Briefly describe what took place:

How effective were you at using the skill during the outside practice? Please check one:

___ 1. not at all effective
___ 2. a little effective
___ 3. moderately effective
___ 4. very effective
___ 5. highly effective