Social Skills Outside Practice Record
Disagreeing with Another’s Opinion
without Arguing

The steps are:

Step 1. Briefly state your point of view.

Step 2. Listen to the other person’s opinion without interrupting.

Step 3. If you do not agree with the other person’s opinion, simply say that it is OK to disagree.

Step 4. End the conversation or move on to another topic.

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