

Social Skills Outside Practice Record

Expressing Angry Feelings

The steps are:

Step 1. Look at the person; speak firmly and calmly.

Step 2. Tell the person specifically what he or she did that made you angry. Be brief.

Step 3. Tell the person about your angry feelings. Be brief.

Step 4. Suggest how the person might prevent the situation from happening in the future.

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