

## **Social Skills Outside Practice Record**

### **Expressing Unpleasant Feelings**

The steps are:

Step 1. Look at the person. Speak calmly and firmly.

Step 2. Say exactly what the other person did that upset you.

Step 3. Tell the person how it made you feel.

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

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**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