The steps are:

**Step 1.** Determine whether the situation is stressful (i.e. tune in to your thoughts, feelings, and physical sensations).

**Step 2.** Tell the other person that the situation is stressful and that you must leave.

**Step 3.** If there is a conflict, tell the person that you will discuss it with him or her at another time.

**Step 4.** Leave the situation.

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