Social Skills Outside Practice Record

Letting Someone Know That You Feel Unsafe

The steps are:

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

Step 2. Tell that person what is making you feel unsafe. Try to be specific about your fears.

Step 3. Ask the person for advice.

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