

# **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.

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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