The steps are:

Step 1. Greet the person.

Step 2. Make a brief statement about how something makes you feel.

Step 3. Judge whether the other person is listening and is interested in pursuing the conversation.

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