Social Skills Outside Practice Record
Refusing Requests

The steps are:

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

Step 2. Tell the person you cannot do what he or she asked. Use a phrase such as “I’m sorry but I cannot ___________.”

Step 3. Give a reason if it seems necessary.

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