

Social Skills Outside Practice Record

Requesting That a Family Member

or Friend Stop Asking You to Use

Drugs and Alcohol

The steps are:

Step 1. Look at the person. Make eye contact.

Step 2. Use a firm voice and tell the person that you don't want to use drugs or alcohol.

Step 3. Give the person a reason why you do not want to use.

Step 4. Request that the person not ask you to use drugs or alcohol.

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