

SOCIAL SKILLS WORKSHEET

Purpose: Like any skill, there are those who are naturally talented and those who have to work at it. Either way, practice makes perfect!

The goal of this worksheet is to document instances where you stepped out of your comfort zone to socialize. Treat every entry as a separate event, such as a party or a trip to the coffeeshop. After you've completed a few entries, be sure to note any trends or areas of improvement. It's okay if it takes you a while to open up to new people. It's not a race, but it *can* be done!

Date	4/12
Number of People Spoken To:	3
Interesting Facts About Them: <i>I approached a guy named Ben. He didn't seem like talking so I moved on. Ashley was a lot more conversational. She said she'd just gotten out of a bad breakup and wanted to make new friends.</i>	
How I Felt After and Why: <i>I was initially bummed by Ben's reaction, but I moved on to talk to someone else. Ashley was warm and friendly, and I didn't seem as nervous speaking to her.</i>	
Location	Party

Date	
Number of People Spoken To:	
Interesting Facts About Them:	
How I Felt After and Why:	
Location	

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