

## Giving Feedback

1. Decide if you want to provide objective information to someone about their behavior, thoughts, or feelings
2. Decide what kind of information you wish to provide
3. Think about different ways to give the information. Pick one way
4. Pick the right time and place to give feedback
5. Give the other person the information in an objective manner

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Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Homework Sheet: Lesson 4

**Fill in first three sections before leaving the session.**

**Skill to practice:**

**Anticipated Situation:**

**With Whom?** \_\_\_\_\_

**When?** \_\_\_\_\_

**Where?** \_\_\_\_\_

**Steps to follow (Write down each step of the social skill):**

1.	4.
2.	5.
3.	6.

**Fill in after doing your homework.**

**Describe Your Actions (What you specifically did to follow each step of the skill):**

1.	4.
2.	5.
3.	6.

(Continued on Next Page)

1. What happened when you did the homework?

2. How well did you do at following the steps of this skill? (*Circle one*)

*Excellent*

*Good*

*Fair*

*Poor*

3. *What is another situation in which you could use this skill?*