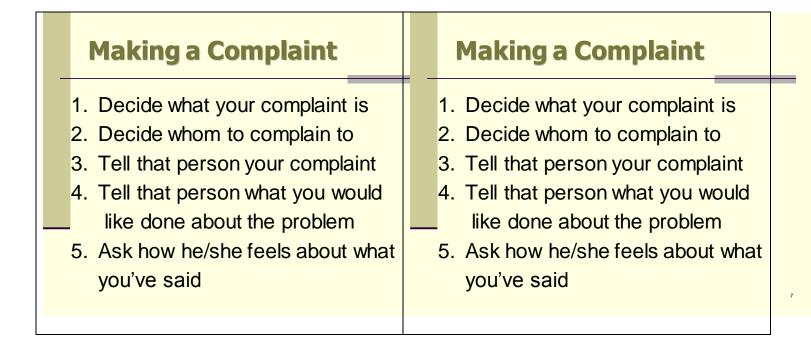
Making a Complaint	 Making a Complaint	
<ol> <li>Decide what your complaint is</li> <li>Decide whom to complain to</li> <li>Tell that person your complaint</li> <li>Tell that person what you would like done about the problem</li> <li>Ask how he/she feels about what you've said</li> </ol>	<ol> <li>Decide what your complaint is</li> <li>Decide whom to complain to</li> <li>Tell that person your complaint</li> <li>Tell that person what you would like done about the problem</li> <li>Ask how he/she feels about what you've said</li> </ol>	



NA	me:	
ING	1115.	

Date:

## Homework Sheet: Lesson 12

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.					
1.       2.	4.       5.					

## Fill in after doing your homework.

Thinking Check-in:
Actual situation:
List your thoughts, feelings, and attitudes and beliefs. (Circle those that put you at risk.)
Risk of doing what?
What new thinking did you use (or could you have used) to reduce the risk?
(Continued on Next Page)

(Continued on Next Page)

Handout 12-2 - Homework

Desc	ribe Your Action	s (What you spec	ifically did to fo	llow each step of the ski	ill):
1.			4.		
2.			5.		
3.			6.		
1.	What happened w	rhen you did the hor	nework?		
2.	How well did you c	lo at following the st	əps of this skill? (Cir	cle one)	
	Excellent	Good	Fair	Poor	
3.	What is another situation in which you could use this skill?				