

EXERCISE: MY SOCIAL SKILLS

Think about your own social skills. Which are your strengths? Which skills need improving?

1. WHICH SOCIAL SKILLS AM I GOOD AT?

2. WHICH SOCIAL SKILLS WOULD I LIKE TO IMPROVE?

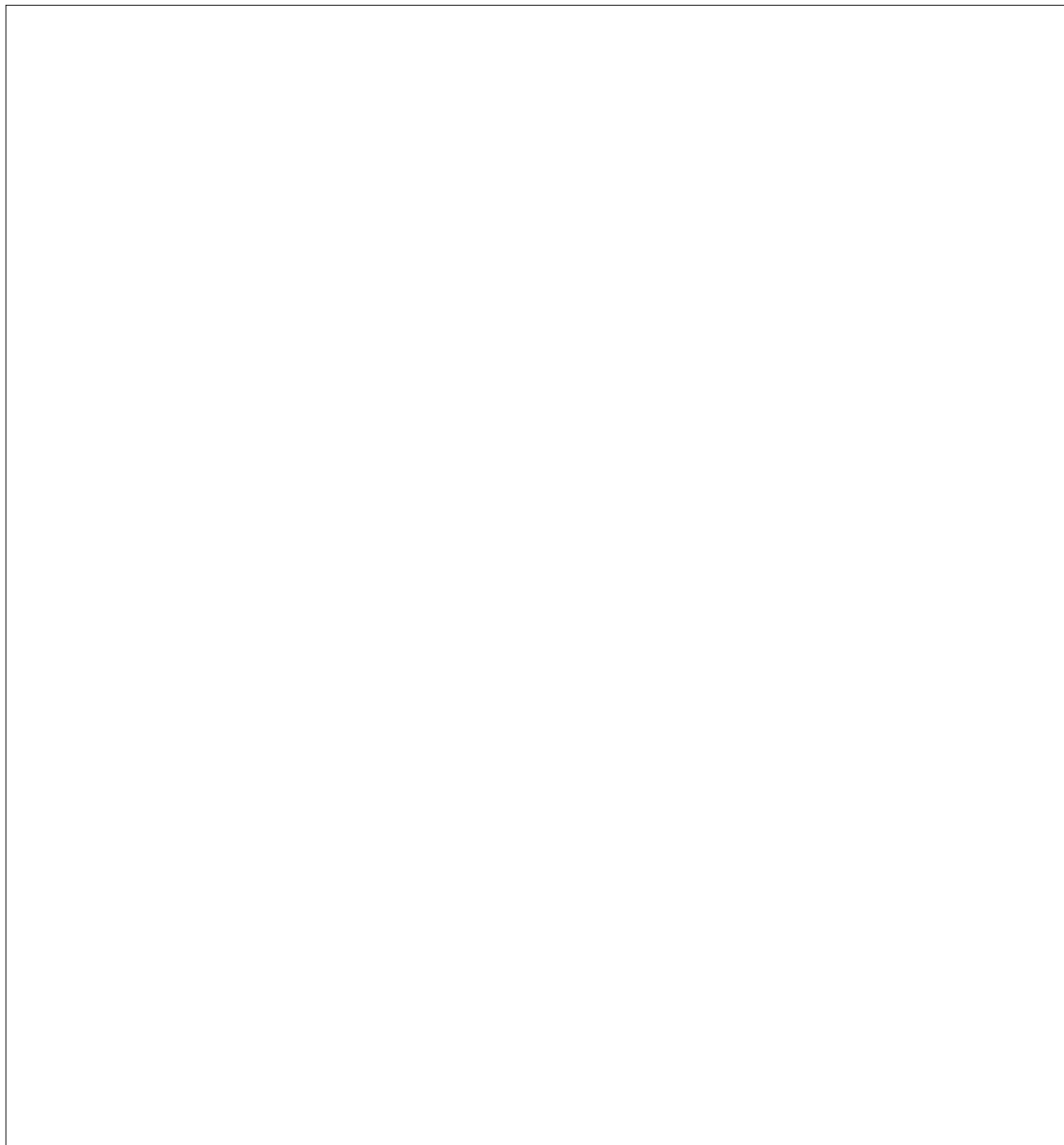
A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above. The box occupies most of the page's vertical space below the question.

3. HOW COULD I PRACTISE THEM?

A large, empty rectangular box with a thin black border, occupying most of the page below the section header. It is intended for the user to write their response to the question 'HOW COULD I PRACTISE THEM?'.

4. THERE MUST BE PEOPLE IN YOUR SOCIAL CIRCLE WHOM YOU CONSIDER SOCIALLY SKILLFUL.

Make a list of the characteristics they show in different social settings.

A large, empty rectangular box with a thin black border, intended for the student to write a list of characteristics of socially skillful people in different social settings.