



# How Are My Social Skills? **CHECKLIST**

Here are skills you need to use when dealing with other people. This checklist will help you determine which skills need improvement!

- Circle **1** if you are **NEVER** good at using the skill.
- Circle **2** if you are **HARDLY EVER** good at using the skill.
- Circle **3** if you are **SOMETIMES** good at using the skill.
- Circle **4** if you are **ALMOST ALWAYS** good at using the skill.
- Circle **5** if you are **ALWAYS** good at using the skill.

1. **Listening:**  
Can you pay attention to someone who is talking? 1 2 3 4 5
2. **Starting a conversation:**  
Can you talk to others about simple and then more complicated stuff? 1 2 3 4 5
3. **Asking a question:**  
Can you decide what question to ask someone and then ask it? 1 2 3 4 5
4. **Saying thank you:**  
Can you let people know you are thankful for things? 1 2 3 4 5
5. **Introducing yourself:**  
Can you go up to people on your own and meet them? 1 2 3 4 5
6. **Introducing other people:**  
Can you help people meet each other? 1 2 3 4 5
7. **Giving a compliment:**  
Can you tell people you like something about them or things they do? 1 2 3 4 5
8. **Asking for help:**  
Can you request assistance when you need it? 1 2 3 4 5
9. **Apologizing:**  
Can you say you are sorry when you have done something wrong? 1 2 3 4 5
10. **Knowing your feelings:**  
Are you aware of what emotions you are feeling? 1 2 3 4 5
11. **Expressing your feelings:**  
Can you let others know which emotions you are feeling? 1 2 3 4 5
12. **Understanding the feelings of others:**  
Can you figure out what other people are feeling? 1 2 3 4 5

## How Are My Social Skills? CHECKLIST (page 2)

13. **Dealing with someone else's anger:**  
Can you understand other people's anger? 1 2 3 4 5
14. **Expressing affection:**  
Can you let others know you care about them? 1 2 3 4 5
15. **Dealing with fear:**  
Can you know when and why you are afraid, and do something to reduce your fear? 1 2 3 4 5
16. **Rewarding yourself:**  
Can you say or do nice things for yourself when you deserve it? 1 2 3 4 5
17. **Asking permission:**  
Can you know when you need permission to do something, and what you need to do to get permission? 1 2 3 4 5
18. **Sharing something:**  
Can you share things with others who might need or want them? 1 2 3 4 5
19. **Helping others:**  
Can you help others when they need or want it? 1 2 3 4 5
20. **Negotiating:**  
Can you come up with a plan that satisfies both you and someone with a different opinion? 1 2 3 4 5
21. **Avoiding trouble with others:**  
Can you stay out of situations that might get you into trouble? 1 2 3 4 5
22. **Dealing with being left out:**  
Can you decide when you have been left out and then do something to feel better? 1 2 3 4 5
23. **Responding to persuasion:**  
Can you compare another person's opinion, compare it to your own, and then decide for yourself what to do? 1 2 3 4 5
24. **Concentrating on a task:**  
Can you prepare for a job before you have to do it? 1 2 3 4 5
25. **Dealing with someone of a different age:**  
Can you get along with someone older or younger than you are? 1 2 3 4 5

Source:

Arnold P. Goldstein, Robert P. Sprafkin, M. Jane Gershaw, and Paul Kline. 1980. Skill-streaming the Adolescent. Champaign, IL: Research Press.



# How Are My Social Skills? ***STEPLIST***

From your completed 'Social Skills Checklist', list here skills you think you need to improve. Then work with your partner to identify steps needed to accomplish that skill—if it takes more than three steps, add however many you need. Finally, role play the steps with your partner to practice the skill.

## **SKILL**

## **STEPS**

1.

- a.
- b.
- c.

2.

- a.
- b.
- c.

3.

- a.
- b.
- c.

4.

- a.
- b.
- c.

5.

- a.
- b.
- c.