

# Social Skills Worksheet

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

**Instructions:** Read each statement and mark the corresponding box to indicate how well you feel you demonstrate each skill. Then, reflect on your responses and consider areas where you may need to improve.

Social Skills	Not at all	Somewhat	Moderately	Very well
<b>Active listening:</b> Do you listen carefully to what others say and show that you understand by responding appropriately?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Communication:</b> Do you communicate clearly and effectively, using appropriate body language, facial expressions, and tone of voice?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Empathy:</b> Do you try to understand and share the feelings of others, and show concern for their well-being?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Social awareness:</b> Are you aware of social norms and customs, and do you behave appropriately in different social situations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Assertiveness:</b> Do you express your thoughts, feelings, and needs in a clear and respectful way, while also respecting the rights of others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Conflict resolution:</b> Are you able to resolve conflicts in a constructive and respectful manner, without resorting to aggression or violence?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Problem-solving:</b> Are you able to identify problems and come up with effective solutions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cooperation:</b> Are you able to work effectively with others, sharing responsibilities and resources, and contributing to group goals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Flexibility:</b> Are you able to adapt to changing circumstances, and adjust your behavior accordingly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Self-control:</b> Are you able to regulate your own emotions, impulses, and behaviors, and avoid inappropriate or harmful actions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Reflections

Which of the social skills on the checklist do you feel least confident in, and why?

Are there specific situations or experiences that have made it difficult for you to develop these skills?

Which of the social skills on the checklist do you feel most confident in, and why?

Are there specific experiences or strengths that have helped you develop these skills?

How do you approach learning and practicing social skills?

**Are there particular strategies or resources that have been helpful for you in developing your skills?**

**Are there any specific goals or areas of focus that you would like to work on in order to improve your social skills?**

**Additional Notes**