

Smart Social Skills Course:

Week 6 Worksheet

Exercise 1: Your self-gratitude journal for the week.

Take a few minutes each evening to write down 3 things you can appreciate about what you did well or what went well socially that day. If you cannot come up with 3 things for each of the days then that is OK.

Examples could be:

- I listened well and fully to my sister for 10 minutes today.
- I added value to my friend's life by helping him to find the best sushi-place in town.
- I got to know an acquaintance a bit better by asking him a few follow-up questions to the things we usually talk about.
- I asked for a date today. Didn't get it because she was married but I am happy I took action and dared to try.

On day 7, read through this the entire list to be good to yourself and to see yourself and your social progress - no matter how fast it is going - from a very appreciative perspective. Then save the list somewhere and reread it as often as you like.

Day 1:

1.

2.

3.

Day 2:

1.

2.

3.

Day 3:

1.

2.

3.

Day 4:

1.

2.

3.

Day 5:

1.

2.

3.

Day 6:

1.

2.

3.

Day 7:

1.

2.

3.

Exercise 2: How did talking a little slower and making a few pauses change how you felt during conversations?

How did your one daily conversation go when you slowed down and made pauses?

Did you feel more confident? Calm? Or more focused and clear thinking?

What changed in how people treated you, how they listened to what you had to say and how they responded and reciprocated?
