

OBSERVE POSITIVE SOCIAL BEHAVIORS

PART I

There have been many tasks or activities that we have learned to do in our lives by first observing others before putting them into practice ourselves. This is called modeling our behavior after others' behavior. *Modeling* can be a very powerful and effective way to learn. This exercise has two parts. The first part requires you to observe and record positive social behaviors by one peer toward other peers between therapy sessions. If you watch closely, you will likely have the opportunity to witness a number of positive social behaviors by your peers. The list of positive social behaviors may include, but is not limited to the following:

- Introductions
- Greeting another peer
- Showing kindness or sympathy
- Offering support
- Complimenting another person
- Listening attentively to another person's problem
- Standing up for another peer
- Sharing common experiences
- Showing a sense of humor
- Asking relevant questions during a classroom discussion
- Participating in extracurricular or peer group activities

Please record at least three observed positive social behaviors before the next therapy session. Remember to pay close attention to how the peer's positive social behavior affected others. Place the modeling response form in your notebook or in your desk so you can easily record the incidents. Bring the response form to your next therapy session so you can review the incidents with your therapist.

PART II

The second part of this exercise requires you to put into practice some of the positive social skills or behaviors you have observed. After reviewing the positive social behaviors you have observed, you will be asked to perform at least three positive social behaviors before the next therapy session. Please record the incidents of your positive social skills or behaviors on the Social Skill Performance Form. Remember to bring the form to the next therapy session. It is hoped that your positive social behaviors will be well received by others, although it is important to remember that not all positive social skills or behaviors will be recognized or appreciated by others.

SOCIAL SKILL OBSERVATION FORM

Date of observation: _____

Person(s) involved: _____

Location: _____

1. Describe the positive social behaviors that you observed: _____

2. How did the other peers respond to the positive social behavior? _____

3. How do you think these peers would have reacted had you done the same thing?

4. Would you be willing to imitate the same or similar behavior in the future? Why or why not? _____

SOCIAL SKILL PERFORMANCE FORM

Date of observation: _____

Person(s) involved: _____

Location: _____

1. Describe the positive social skill or behavior that you performed: _____

2. How did the other person(s) respond to your actions? _____

3. How did you feel about the response of others? _____

4. If you were disappointed in others' response, how did you wish they would respond? _____

5. Would you be willing to perform this positive social skill or behavior again? Why or why not?

6. Name other individuals with whom you would be willing to repeat the same or similar behaviors:
