



DO YOU HAVE SKILLZ?

A CHECKLIST TO IDENTIFY STRENGTHS AND WEAKNESSES IN YOUR SOCIAL SKILLS. PLACE A CIRCLE ON THE LINE NEXT TO THE PHRASE THAT IS TRUE FOR YOU, AND AN X NEXT TO THE PHRASE THAT IS NOT TRUE FOR YOU. THERE ARE NO RIGHT OR WRONG ANSWERS.

- I HAVE A HARD TIME UNDERSTANDING HOW PEOPLE THINK OR FEEL.
- I DON'T WORK WELL WITH OTHER PEOPLE.
- I CAN'T KEEP FRIENDS FOR A LONG TIME.
- I GET EASILY DISTRACTED WHEN I'M SPOKEN TO.
- I AVOID TALKING TO PEOPLE BECAUSE I DON'T KNOW WHAT TO SAY.
- PEOPLE DON'T USUALLY LAUGH AT MY JOKES.
- I CAN BE A SORE WINNER OR LOSER SOMETIMES.
- I GIVE INTO PEER PRESSURE PRETTY EASILY.
- I YELL & SCREAM, INSULT PEOPLE, OR THROW THINGS WHEN I GET MAD.
- I DON'T UNDERSTAND OTHER PEOPLES FACIAL EXPRESSIONS AND BODY LANGUAGE.
- PEOPLE OFTEN TELL ME TO "ACT MY AGE".
- I SAY INAPPROPRIATE THINGS SOMETIMES.
- I CAN'T KEEP A CONVERSATION GOING BECAUSE I DON'T KNOW WHAT TO SAY.
- I RARELY SAY "PLEASE", "THANK YOU", OR "EXCUSE ME".
- I INVADE PEOPLES PERSONAL SPACE SOMETIMES.
- I DON'T KNOW HOW TO MAKE FRIENDS.
- I'VE BEEN TOLD I HAVE POOR MANNERS.
- I GET NERVOUS AND ANXIOUS WHEN I'M AROUND OTHER PEOPLE.
- I DON'T TELL OTHER PEOPLE HOW I FEEL WHEN I'M UPSET WITH THEM.
- I HAVE A HARD TIME CONTROLLING THE VOLUME IN MY VOICE.



NUMBER OF CIRCLES: _____ **NUMBER OF XS:** _____

***The number of circles indicate areas where social growth is available. Xs indicate areas of strength. Not one person will complete this questionnaire with all Xs - we ALL have space to grow. This exercise is meant as a means of self-reflection, and hopefully a starting point for Social Skills growth. Simply reading each phrase has now brought these ideas to the forefront of your mind. We encourage you to think about how you can approach "Circle" situations positively.