

## Is Social Skills Training Right For Me?

Do you ever wonder if social skills training is the right approach for you? This checklist will give you an idea if this approach would benefit you to deal with daily challenges.

Please answer each question using a Likert Scale format (Strongly Disagree, Disagree, Agree, and Strongly Agree). Answer each question as truthfully as you can.

		Strongly Disagree	Disagree	Agree	Strongly Agree
1.	I often am unsure of what to say when talking to other people.				
2.	Social situations cause me to feel anxious or afraid.				
3.	My relationships and friendships are non-existent or suffering because of my fears.				
4.	I make comments that others find offensive or off-putting.				
5.	Social situations make me feel uncomfortable.				
6.	I avoid certain events because they make me feel afraid.				
7.	When I encounter a group of people, I hang back.				
8.	I have trouble introducing myself to new people.				
9.	I do not give off the impression I want to give to others.				
10.	I do not feel that I am successful because of my difficulties.				

If you agree or strongly agree with three or more of these statements, social skills training will benefit you.

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