

## Positive Social Strategies Self-Assessment Checklist

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

Date of Interaction: \_\_\_\_\_

Other Person(s) Involved: \_\_\_\_\_

Review this checklist before communicating with others to increase your awareness of positive social strategies that can be used. Reflect on your actions after talking with another person. Make a check mark next to each type of social strategy that you used during this interaction.

- Active Listening**-Active listening is a process of focusing your attention on the person in a way that supports their ability to communicate. Behaviors include both language and non-language based communication.
- Paraphrasing What a Person Says** - Reflecting what you have heard someone say in your own words.
- Nonjudgmental Statements** –Verbal and body language used describes what you observe is happening but does not criticize or imply judgment.
- Use of Universal Tools to Support Discovery and Exploration** -Inquiring with open-ended questions about a person’s life, interests, goals, wants, and needs across domains of life (home, community, relationships, work, etc.), and using answers to questions to generate novel branches/directions in conversation. Includes natural use of person0centered thinking tools within conversation.
- Demonstrating Empathy Toward Others** - Actions that show you understand and share the emotions and feelings of another person.
- Encouraging People to Connect With Others** - support people in joining in conversations, sharing information, and joining activities during meetings or activities.
- Working With People in Collaboration** - Helping people achieve their goals in a way that

empowers the person.

- Being Positive and Encouraging Towards Others** - Recognizing and celebrating the use of positive social interactions.