

Social skills worksheets for adults with mental illness:Reflections Communication Skills for Confrontation worksheet

Reflecting does not involve asking questions, introducing a new topic, or leading the conversation in another direction. Speakers help to reflect as it allows them to feel understood and allows them to focus their ideas. This, in turn, helps them to direct their thoughts and further encourages them to continue speaking.

The worksheet has two sections. When preparing to confront someone, consider the following.

Section 1: Pre-confrontation

What do I want to communicate	Best Case Scenario	Worst Case Scenario

Section 2: Post -Confrontation

Post Confrontation thoughts	
Was I assertive enough	Did he listen and understood my message