ACCEPTS
Effectiveness Worksheet

Prompting Event:

_____

_____

The ACCEPTS skill I tried was:

_____

I chose this skill because:

_____

_____

The way I used this skill was to:

_____

_____

_____

Due to this skill I was able to avoid the following reaction:

_____

_____

_____

This skill was successful or unsuccessful because:

_____

_____

_____