

**Social Skill Worksheet**  
**Skill: Negotiating/Compromising**

Student: \_\_\_\_\_ Grade: \_\_\_\_\_ Date: \_\_\_\_\_

1. Decide if you and the other person/people are in a disagreement.
  
2. What is the issue or problem you are disagreeing about?
  
3. Tell about your opinion/feelings about the issue.
  
4. Ask the other person/people how they are feeling about the issue.
  
5. Listen and restate what you heard them say.
  
6. Determine if you can agree on an alternative that you're both satisfied with.