

INTERPERSONAL EFFECTIVENESS HANDOUT 1



(Interpersonal Effectiveness Worksheet 1)

Goals of Interpersonal Effectiveness

BE SKILLFUL IN GETTING WHAT YOU WANT AND NEED FROM OTHERS

- ☐ Get others to do things you would like them to do.
- ☐ Get others to take your opinions seriously.
- ☐ Say no to unwanted requests effectively.
- ☐ Other: _____

BUILD RELATIONSHIPS AND END DESTRUCTIVE ONES

- ☐ Strengthen current relationships.
 - ☐ Don't let hurts and problems build up.
 - ☐ Use relationship skills to head off problems.
 - ☐ Repair relationships when needed.
 - ☐ Resolve conflicts before they get overwhelming.
- ☐ Find and build new relationships.
- ☐ End hopeless relationships.
- ☐ Other: _____

WALK THE MIDDLE PATH

- ☐ Create and maintain balance in relationships.
- ☐ Balance acceptance and change in relationships.
- ☐ Other: _____