

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: _____