



Factors in the Way of Interpersonal Effectiveness

☐ YOU DON'T HAVE THE INTERPERSONAL SKILLS YOU NEED
YOU DON'T KNOW WHAT YOU WANT
☐ You have the skills, but can't decide what you really want from the other person.
 ☐ You can't figure out how to balance your needs versus the other person's needs: ☐ Asking for too much versus not asking for anything.
☐ Saying no to everything versus giving in to everything.
YOUR EMOTIONS ARE GETTING IN THE WAY
☐ You have the skills, but emotions (anger, pride, contempt, fear, shame, guilt) control what you do.
YOU FORGET YOUR LONG-TERM GOALS FOR SHORT-TERM GOALS
☐ You put your immediate urges and wants ahead of your long-term goals. The future vanishes from your mind.
OTHER PEOPLE ARE GETTING IN YOUR WAY
☐ You have the skills but other people get in the way.
☐ Other people are more powerful than you.
☐ Other people may be threatened or may not like you if you get what you want.
☐ Other people may not do what you want unless you sacrifice your self-respect, at least a little.
YOUR THOUGHTS AND BELIEFS ARE GETTING IN THE WAY
☐ Worries about negative consequences if you ask for what you want or say no to someone's request get in the way of acting effectively.
☐ Beliefs that you don't deserve what you want stop you in your tracks.
☐ Beliefs that others don't deserve what they want make you ineffective.

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