

Interpersonal Effectiveness Handout 6

Getting What You Want

There are skills that you can use in order to be effective in relationships and get your needs met. A good way to remember them is to remember

“Dream Up.”



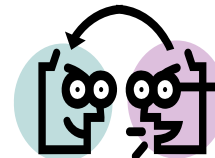
Describe: **Describe** the situation using **facts** first.



Reward: **Reward** the other person by **observing** how they are helping you. Tell them how much you appreciate that help.



Express: **Express** your feelings and thoughts using “I- want” and “I don’t want” statements.



Ask or Say No: **Ask** for something that you need in the relationship. **Say No** if you do not want to do something.

Be clear about what you **want** or what you will **not** do.



Mindfulness: Stay **mindful**, use your *Wise Mind*, and focus on why you are talking with the other person.



Use: **Use** good manners, say **please** and **thank you**, make eye contact, and act confidently.



Participate: **Participate** in the relationship. Compromise to get what you need. Be willing to give and to get.

