

Interpersonal Effectiveness Handout 1

Goals of Interpersonal Effectiveness

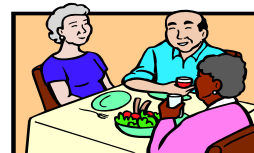
Getting What You Want

1. What do I want?
 2. What do I have to do to get it?
- Having your rights respected and getting your needs met
 - Being understood by others
 - Fixing relationship problems
 - Knowing HOW and WHEN to say "No"



Getting or Keeping Good Relationships

1. How do I want the other person to feel about me?
2. What do I have to do to get or keep this relationship?



Improving Self-Respect

3. How do I want to feel after this?
 4. What do I have to do to feel that way?
- Respecting your own beliefs and values
 - Making choices that help you feel successful

