

Interpersonal Effectiveness Handout 8

Keeping Healthy Relationships

There are certain skills that you can use in order to keep healthy relationships. A good way to remember them is to remember "GIFT"



Gentle: Be gentle. Show the other person that you care.

Interest: Show the other person that you are interested by listening to him/her. Don't interrupt, make eye contact, and be patient.



Funny: Be funny sometimes and use humor. Smile a lot.



Try to Understand: We all have different opinions and we see the world differently. Try to understand the other person's point of view.

