

# Interpersonal Effectiveness Handout 2

## Lies and Truths About Relationships



### LIES

I don't deserve good things (respect, love)



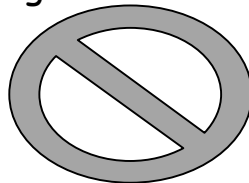
I shouldn't say no to people  
people shouldn't say no to me



Everyone should think things as me.



I can't ask other people for things and *other* people shouldn't ask *me* for things.



This relationship is that's important



### TRUTHS

I deserve good things (respect, love)



people  
e



Everyone has their own point of view



It's okay to ask people for things and it's okay if other people ask me for things.

The world will  
relationship d

