

Interpersonal Effectiveness Handout 7

Respecting Yourself

There are certain skills that you can use in order to be effective in relationships. One of these skills is respecting yourself. A way to remember these skills is to remember "FAST"



Fair: Be fair to yourself and the other person.



Apologies: Apologize for what you do wrong, but don't apologize for wanting, for thinking, or for living.



Stick to what you believe in: Figure out what you believe. Respect your own opinions. Live how you believe is right.



Tell the Truth: Be true to other people and yourself. Don't lie or tell stories. Don't act helpless when you are not.

