

# Interpersonal Effectiveness Handout 5

## Why Use Interpersonal Effectiveness Skills?

### Taking Care of Relationships

- Don't let hurts and problems build up
- Use relationship skills to take care of problems



### Balancing "Wants" and "Priorities"

- Doing the things that are **priorities**
- Doing some things that are **fun** for you to do



### Building Self-Respect

- Stand up for what you believe in
- Listen to your wise mind

