



Interpersonal Effectiveness Handout 2

Lies and Truths About Relationships



LIES

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



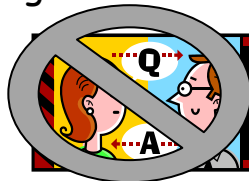
I shouldn't say no to people and people shouldn't say no to me



Everyone should think the same things as me.



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



This relationship is the only one that's important



TRUTHS

I deserve good things (respect, love)



I can say no to people and people can say no to me



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 not end if this relationship does not work

