

Interpersonal Effectiveness Handout 4

Making Choices in Relationships: Things to Think About

1. **Priorities**: What is most important to you: The relationship? Self respect? Getting what you want?



2. **The Relationship**: How important is the relationship to you? How important is it to the other person?



3. **Rights**: Are anyone's rights being violated? Are they being supported?



4. **Authority**: Does the person have influence or authority over you (a parent, caseworker, police)? Are they telling you to do something that you are supposed to do?



5. **Respect**: Am I respecting the other person? Am I being respected?



6. **Time**: Is this a good time for me? Is this a good time for the other person?



7. **Ability**: Can I give what the other person is asking? Can the other person give what I am asking for?

