

Interpersonal Effectiveness Handout 3

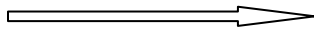
Making Choices in Relationships

Asking Options

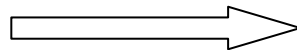


Low
intensity
(weak)

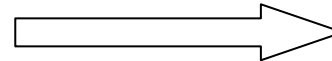
Don't ask, don't
hint



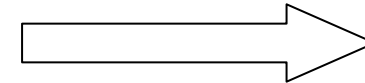
Hint to what
you want
*"Hmm, that
looks good"*



Ask softly
*"I would like it
if ..."*



Ask strongly
*"Will you
please ..."*



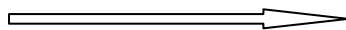
High
intensity
(strong)

Saying "No" Options

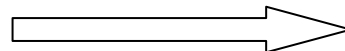


Low
intensity
(weak)

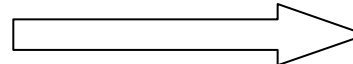
Just do what
the other
person wants



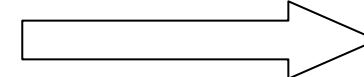
Say *"I don't
want to"* but
do it anyway



Say *"NO"* but
think about it
more



Just say *"NO"*



High
intensity
(strong)

