



INTERPERSONAL EFFECTIVENESS HOMEWORK SHEET

Goals and Priorities in Interpersonal Situations

Use this sheet to figure out your goals and priorities in any situation that creates a problem for you such as ones where: 1) your rights or wishes are not being respected, 2) you want someone to do or change something or give you something, 3) you want or need to say no or resist pressure to do something, 4) you want to get your position or point of view taken seriously, 5) there is conflict with another person. Observe and describe in writing as close in time to the situation as possible. Write on back of page if you need more room.

PROMPTING EVENT for my problem: Who did what to whom? What led up to what? What is it about this situation that is a problem for me?

My **WANTS AND DESIRES** in this situation:

OBJECTIVES: What specific results do I want? What changes do I want person to make?

RELATIONSHIP: How do I want the other person to feel about me after the interaction?

SELF-RESPECT: How do I want to feel about myself after the interaction?

My **PRIORITIES** in this situation: Rate priorities 1 (most important), 2 (second most important), or 3 (least important).

___ OBJECTIVES ___ RELATIONSHIP ___ SELF-RESPECT

CONFLICTS IN PRIORITIES that make it hard to be effective in this situation?