

Interpersonal Effectiveness

<p style="text-align: center;">GIVE- Relationship Effectiveness</p> <p>G-gentle Be kind and courteous. Don't make threats or attack.</p> <p>I – interested: Listen to what the other person and show interest in what they are saying.</p> <p>V – validate: Recognize and acknowledge the other person's feelings.</p> <p>E-easy manner- smile, be easy going, use a light tone of voice. Be an easy person to be around.</p>	<p style="text-align: center;">FAST- Self Respect Effectiveness</p> <p>F-fair- be fair to yourself and the other person.</p> <p>A- Apologies- It is important to apologize when an apology is needed, but do not over apologize</p> <p>S- stick to your values: Stick to your values even if they are different than your friends' values.</p> <p>T-Be truthful: Be honest with yourself and others.</p>
<p style="text-align: center;">DEAR MAN- Objective Effectiveness</p> <p>Describe- Describe the situation, avoid judgements and stick to the observable facts</p> <p>Express: Express your feelings about the situation, use I statements</p> <p>Assert: Assert yourself by asking for what you want or saying no. Be straight forward and to the point.</p> <p>Reinforce: Reinforce or reward the other person.</p> <p>Mindful: Stay mindful of your goal. Do not become distracted by other parts of the discussion.</p> <p>Appear confident: Be aware of your body language and tone of voice. Look at the other person when you speak to them use a confident voice.</p> <p>Negotiate: Be willing to negotiate to get your needs met.</p>	<p style="text-align: center;">Problem Solving</p> <ol style="list-style-type: none"> 1. Describe the problem situation 2. STOP and check the facts 3. Identify your goals 4. Brainstorm a lot of solutions 5. Choose at least one solution that is likely to work 6. Put the solution into action 7. Evaluate the outcome