

Pre-Assignment

Think of the social situation that gives them the most stress. This situation can be within an employment, community, family or recreational setting. Example: introducing one's self to strangers.

Answer the following questions:

The Situation that gives me the most stress:

1. What aspect of this situation do you find most stressful? Why?

2. What do you think are the interpersonal skills needed in order to successfully navigate this situation? List down at least three in the first column.

3.

Interpersonal Skills Needed to Navigate this Situation	My Effectiveness in Practicing these Interpersonal Skill				
a.	1	2	3	4	5
b.	1	2	3	4	5
c.	1	2	3	4	5
d.	1	2	3	4	5
e.	1	2	3	4	5

4. On a scale of 1 to 5, with 1 being the least effective and 5 being the most, rate your effectiveness in practicing the skills you listed. Encircle the rating of your choice in column 2 of the table above.

5. Looking at your responses, which skills do you practice most effectively? What helps you in practicing these skills well?

6. Which skills do you practice least effectively? What keeps you from practicing these skills well?
