
Interpersonal Style Worksheet

Instructions: Following is a list of statements about interpersonal style. Select the number that corresponds to the extent to which each statement describes you. Then complete the two items below the list of statements.

	Doesn't describe me		Somewhat describes me		Definitely describes me	
1. I say what I think or feel to others and don't hold anything back.	<input type="radio"/>	I	2	3	4	5
2. I worry about hurting others and hold on to my feelings.	<input type="radio"/>	I	2	3	4	5
3. I lash out at others when I'm upset or mad at them.	<input type="radio"/>	I	2	3	4	5
4. I regularly share positive feelings with others.	<input type="radio"/>	I	2	3	4	5
5. I often criticize others a lot and express negative feelings.	<input type="radio"/>	I	2	3	4	5
6. I have trouble talking to strangers.	<input type="radio"/>	I	2	3	4	5
7. I consider myself to be shy and have trouble opening up to others.	<input type="radio"/>	I	2	3	4	5
8. I relate easily to others and like meeting new people.	<input type="radio"/>	I	2	3	4	5
9. I let other people close to me know what's important to me.	<input type="radio"/>	I	2	3	4	5
10. I don't like to argue with others and avoid arguments when I can.	<input type="radio"/>	I	2	3	4	5
11. I let people take advantage of me too easily.	<input type="radio"/>	I	2	3	4	5
12. I consider myself to be an aggressive person.	<input type="radio"/>	I	2	3	4	5
13. I consider myself to be an assertive person.	<input type="radio"/>	I	2	3	4	5
14. I consider myself to be a pushover and a passive person.	<input type="radio"/>	I	2	3	4	5
15. I avoid situations where I have to talk in front of other people.	<input type="radio"/>	I	2	3	4	5
16. I use alcohol, tobacco, or other drugs to help me socialize with others.	<input type="radio"/>	I	2	3	4	5

Identify one aspect of your interpersonal style that you want to change.

List several steps you can take to help you change this behavior.