## 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?

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1. 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.

|  |  |
| --- | --- |
| 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 |

1. 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.
2. Looking at your responses, which skills do you practice most effectively? What helps you in practicing these skills well?

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

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