

---

## 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.

---

	<b>Doesn't describe me</b>		<b>Somewhat describes me</b>		<b>Definitely describes me</b>	
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.