

Goals of Interpersonal Effectiveness



As you begin the Interpersonal Effectiveness module spend a bit of time reflecting on your relationships. This isn't a test. It's a chance to practice being self-aware and paying attention to the skills you need to work on as you progress through this module with your DBT skills group or individual therapist.

	Agree			Disagree	
I have positive relationships with peers	1	2	3	4	5
I have positive relationships with family	1	2	3	4	5
I feel positive about myself in relationships	1	2	3	4	5
I feel comfortable asking for my needs from others	1	2	3	4	5
I feel comfortable saying “No” to others	1	2	3	4	5
I feel comfortable making repairs with others	1	2	3	4	5
I feel comfortable being assertive and not aggressive	1	2	3	4	5

Additional Notes: