

The Self Center

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RELATIONSHIP SKILLS SELF-EVALUATION

Your Name: _____ Partner's Name: _____ Date: __/__/__

Instructions: Read through this list of ten basic human relations skills. Working separately, draw a circle around the frequency that best describes *your behavior with your partner*. Think of examples that support your evaluation.

A. ATTENDING

When we are talking, I tend to stay with you. When appropriate, I face you squarely, maintain eye contact, have a relaxed and open posture, and in general show that I am giving you my full attention.

(1)Never (2)Rarely (3)Sometimes (4)Often (5)Always

B. LISTENING

I listen thoughtfully when you are talking. I pay attention both to your words and to your feelings. I rarely let my mind wander or think of what I am going to say next. I rarely interrupt.

(1)Never (2)Rarely (3)Sometimes (4)Often (5)Always

C. EMPATHY

I make it a point to understand where your thoughts and feelings are coming from. I "get into your shoes" and experience your feelings with you. I can almost always say: "If I were you, I'd feel the same way." You can count on me to understand.

(1)Never (2)Rarely (3)Sometimes (4)Often (5)Always

D. COMMUNICATING UNDERSTANDING

I let you know that I hear and understand you and that I know where you are coming from. I respond to what you say before I express my own thoughts or feelings. I check out when I am not sure I understand you accurately. I realize that my hearing you doesn't help very much unless you know you are heard.

(1)Never (2)Rarely (3)Sometimes (4)Often (5)Always

(continued on back)

Relationship Skills Self-Evaluation

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E. RESPECT

I let you know that I value you as a person, that I see you as a unique human being with the wisdom of your own experiences. I affirm your right to be in charge of your own life. I am on your side. I am for you. I let you know that I want you to be all that you can be, all that you choose to be.

(1)Never (2)Rarely (3)Sometimes (4)Often (5)Always

F. ACCEPTING

I accept you the way you are. I do not try to change you or your behavior. You have a right to your own thoughts, feelings and attitudes. I may disagree with you at times, but I don't try to change your viewpoint. When I disagree with you I make it a point to understand you without putting you down. When you disagree with me, I am not defensive or argumentative.

(1)Never (2)Rarely (3)Sometimes (4)Often (5)Always

G. ASSERTION

I do not suffer in silence, but I am not a bully either. I care for you but I put a high priority on taking care of myself as well. I express my own thought, feelings, attitudes, and ideas. I do not expect you always to agree with me, but I do expect you to value what I have to say. I do not say "yes" when I mean "no". I want you to assert yourself in the same way.

(1)Never (2)Rarely (3)Sometimes (4)Often (5)Always

H. SELF-REVEALING

I am open. I express my thought, feelings, wants, and fantasies freely and spontaneously. I am willing to talk about my weaknesses as well as my strengths. I am even willing to tell you things that embarrass me. I let you know what is really going on with me.

(1)Never (2)Rarely (3)Sometimes (4)Often (5)Always

I. STRAIGHT TALK

I don't use "smoke screens" like sarcasm, teasing, long-winded lectures, withdrawing or sulking. I let you know straight what is going on even if it means conflict. I ask for what I want. I think we are both strong and mature enough not to hurt needlessly.

(1)Never (2)Rarely (3)Sometimes (4)Often (5)Always

J. IMMEDIACY

I talk about how it is with us-you and me. When a conversation bogs down, I stop and talk about what is going on between you and me "here and now" that might be getting in the way. I tell you what I like and don't like about the way we relate to each other. I want you to do the same.

(1)Never (2)Rarely (3)Sometimes (4)Often (5)Always

