



Myths about Interpersonal Effectiveness

1. I can't stand it if someone gets upset with me

CHALLENGE _____

2. If they say 'No' it will kill me

CHALLENGE _____

3. I don't deserve to get what I want or need

CHALLENGE _____

4. If I make a request, this will show that I am a very weak person

CHALLENGE _____

5. I must be really inadequate if I can't fix this myself

CHALLENGE _____

6. I have to know whether a person is going to say 'yes' before I make a request

CHALLENGE _____

7. Obviously, the problem is just in my head. If I would just think differently I wouldn't have to bother anybody else.

CHALLENGE _____

8. Saying 'No' to a request is always a selfish thing to do

CHALLENGE _____

9. I should be willing to sacrifice my own needs for others

CHALLENGE _____