Relationships/ Communication

The success of our biggest efforts often depends on enduring support from others. And our personal relationships are fundamental to our quality of life. So which interpersonal skills do you bring to the relationships that matter most to you?

Skills and Know-How	I've got this mastered!	Still working on it.	Ready to make this a priority.
1. I am able to clearly and comfortably communicate my thoughts, ideas and feelings to others — and I'm not often misunderstood.			
2. I regularly show kindness and affection to the people I care about.			
3. I treat my family, friends and coworkers with respect and dignity. I hold them to the same standard in their dealings with me.			
4. I am able to apologize when I'm in the wrong or have hurt someone.			
5. I actively listen when others are speaking and acknowledge their views — even if I disagree with them.			
6. I raise concerns honestly, but without blaming and shaming.			
7. When arguing, I'm able to pause thoughtfully before I say something I might regret.			
8. I know how to exit arguments in a healthy, positive way.			
9. I can share in the joys and concerns of others without getting personally sucked into their experiences.			
10. I refuse to tolerate hurtful or destructive behavior from others, and I'm willing to see my own role in the conflicts I experience.			