

## Practice Exercise: Using Skills at the Same Time

Due Date \_\_\_\_\_

Choose a situation during the week that required more than one interpersonal effectiveness skill.

Describe situation: \_\_\_\_\_

---

---

What were my priorities? (Check all that apply.)

\_\_\_\_ Build/maintain relationship

\_\_\_\_ Get what I want, say "no," or be taken seriously

\_\_\_\_ Build/maintain self-respect

What I said or did and how I did so (check and describe):

\_\_\_\_ Gentle

\_\_\_\_ Describe

\_\_\_\_ Fair

\_\_\_\_ Interested

\_\_\_\_ Express

\_\_\_\_ No apologies

\_\_\_\_ Validate

\_\_\_\_ Assert

\_\_\_\_ Stick to values

\_\_\_\_ Easy manner

\_\_\_\_ Reinforce

\_\_\_\_ Truthful

\_\_\_\_ Mindful

\_\_\_\_ Appear confident

\_\_\_\_ Negotiate

---

---

---

---