

The Walch Real Life Series

Person to Person

Developing Interpersonal Skills

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CHAPTER 1

Thinking About People

Are you totally happy with the way you deal with people? Yes? Then you don't need this book. But just for a moment, take a look at this list. Check (✓) any problems that bother you.

Do you:

- carry a grudge, or does someone have one against you?
- avoid meetings and parties because you feel awkward?
- feel confused about how to solve conflicts?
- think you don't really need other people?
- experience abuse?
- lash out at people with your words or hands?
- feel you can't really trust anyone?
- wish your friendships were stronger?
- think about joining a group that says other people are inferior?
- tend to smother people with attention?
- try to change other people?

You can deal with all of these things, and others, if you want to. This book won't change you into a different person. But it will give you hints and help. You can begin to learn how to handle people problems. That will give you an edge in your career and your private life.

Good relationships don't just happen. (Or unhappen.) All along the way, you have choices. Choices take you down different roads. But you are in the driver's seat. You decide where to go. It's up to you.

Take a look at one person's problem.

Celia works at Pizza King. She can only work 20 hours a week. She also has to go to school and help take care of her little sister. Celia's crew chief doesn't seem to care about personal problems. He often asks her to work late. Or he will call her on a day she can't work and insist that she do so. He has hinted that he doesn't keep employees who don't put the company first. Celia had a hard time getting this job. And she really needs to keep it.

How would you describe Celia's problem? _____

What do you think she should try first? _____

If that doesn't work, what should she try next? _____

What if neither of those things work? What could she do? _____

Can you think of a fourth option? _____

People in Your Life

Who are the important people in your life? For now, don't think about problems. Just name the people who have the most to do with your daily life. They can be teachers, parents, bosses, neighbors, and customers, as well as friends, brothers and sisters, and romantic friends.

You don't have to fill all the blanks. On the other hand, if you have more people than blanks, add them anywhere you can.

People in my life—

Around home:

On the job:

At school:

During free time:

Other:

