

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—

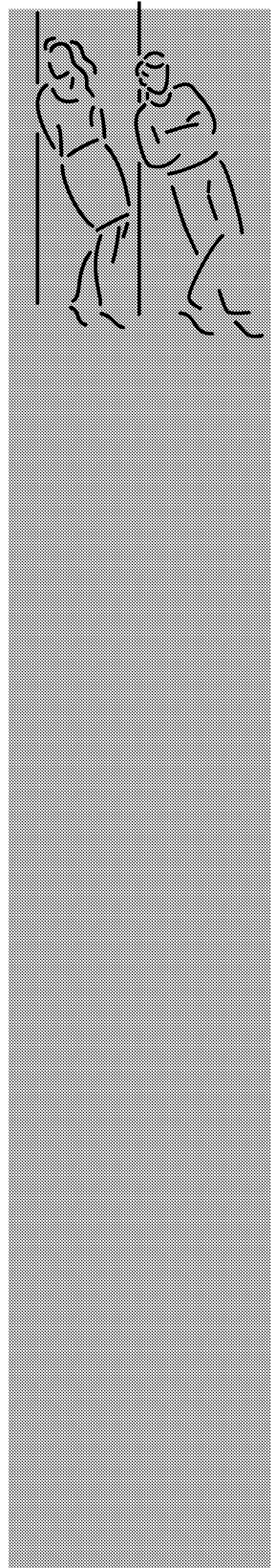
Around home:

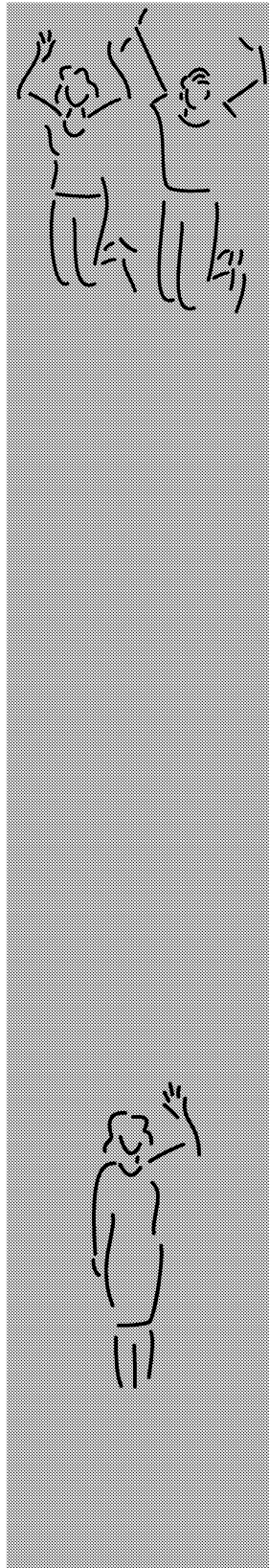
On the job:

At school:

During free time:

Other:





Your Favorite People

Look at the lists of people in your life. Who are your favorite people on those lists? What do you like about each one? Try to name at least five people. Then name a good thing about each one. The good thing might be a quality you wish you had. But it doesn't have to be.

Example: Pete

He is very easy and natural with people.

1. _____

2. _____

3. _____

4. _____

5. _____

Your People Skills

Everyone is good with people in some ways. List some of your strong points on this page.

Examples: good listener—open and friendly—kind to underdogs
stand up for self—honest—handle conflict well

Your strengths with people:

_____	_____
_____	_____
_____	_____

Now run these by about three other people that you know well. First, don't show your list. Just ask what people skills they think you are good at. Add any you agree with to your list. Second, read them your list and ask if they agree with what you've listed. Do they disagree with any? Why?

Here is some space to add more of your people skills as you work through the book:

People You Have Problems With

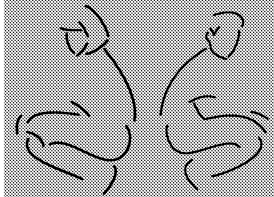
Maybe you have some people problems. In this chapter, you can make a note of them. Then go through the rest of the book. Look for ways to deal with those issues.

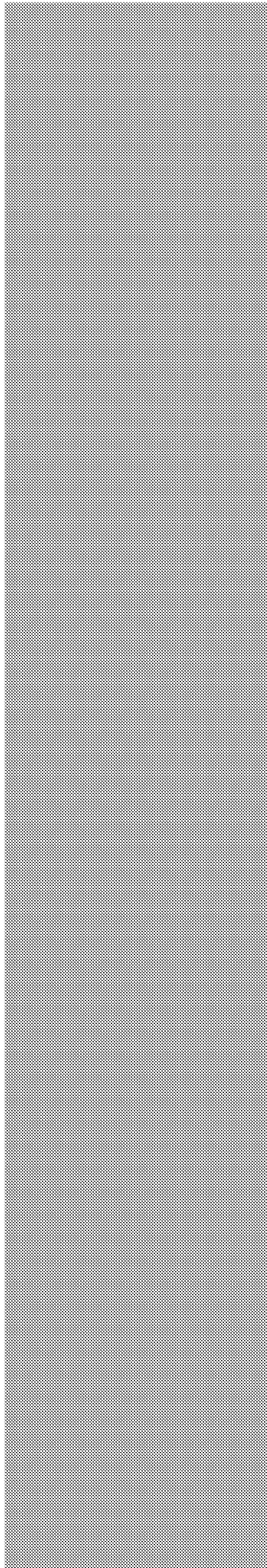
Look at the People in Your Life on page 3. Do you have trouble with some of them? Try to name the problem here.

Examples: Fred—Calls me “stupid” in front of others.
Dad—We fight about everything.
Ms. Loy—Blames me for class uproars.
Zeb—Told me to give him some space.

Now you try. What issues do you have with people in your life? Don't “reach” for problems. But list any that come to mind.

(continued on next page)





Around home

Person:

Problem:

On the job

Person:

Problem:

At school

Person:

Problem:

During free time/other

Person:

Problem:

What about you? Do you have trouble relating to other people? Are you shy, angry, or distant? Do you talk too much and not listen enough? What would you like to work on? _____

How are you with people you don't know? How do you feel in the car? In stores and crowds? At the movies? Do people make you mad? _____ Why? _____

Do you wish you were better at connecting? Name something you want to work on in relation to strangers. For example, starting a conversation. I want to work on: _____

You can't change other people. But you can change how they make you feel. Plan to work on some issues.

Your Ideas for Improvement

Write the names of the people you have trouble with (pages 5–6) here and on the next page. Then begin to work through this book. You may see ideas that could help improve your relationships with these people. You can come back to these pages and copy those ideas. Then they will be in one place when you need them.

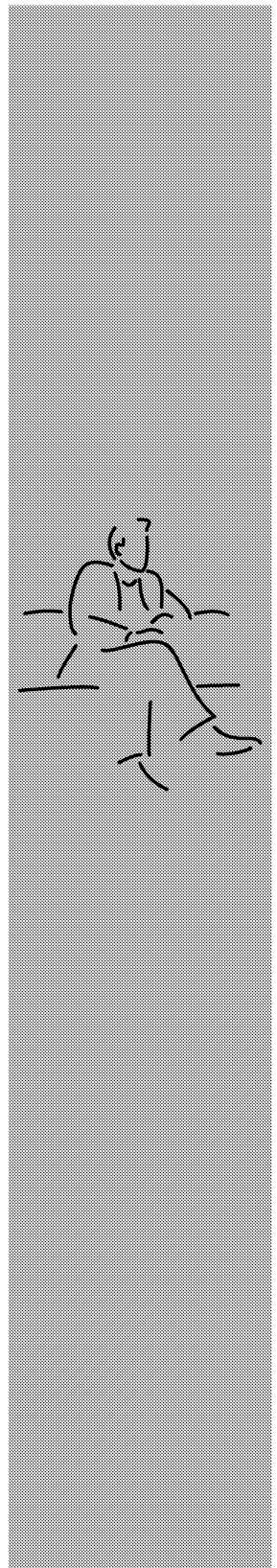
1. Person: _____

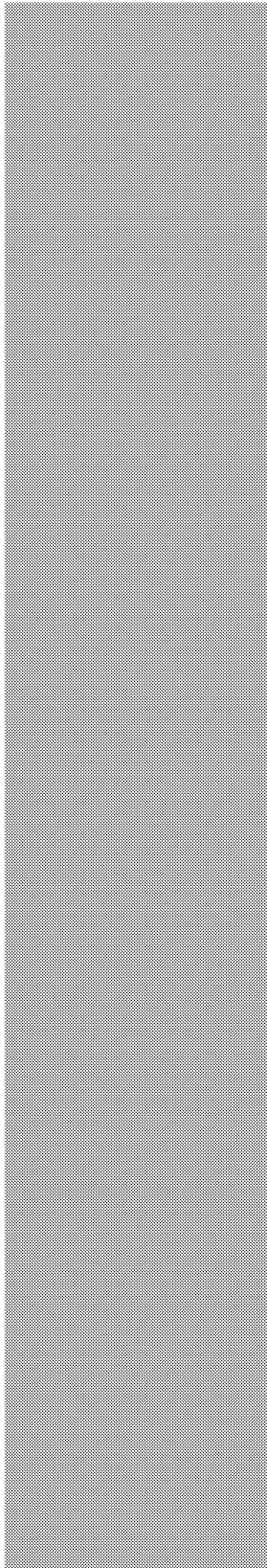
Ideas: _____

2. Person: _____

Ideas: _____

(continued on next page)





3. Person: _____

Ideas: _____

4. Person: _____

Ideas: _____

5. Person: _____

Ideas: _____

People in general: _____

My manners and people skills: _____
