

# Interpersonal Effectiveness Second Edition A Workbook Guide For Creating More Harmonious And Meaningful Relationships

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#### Interpersonal Effectiveness skills - Welcome to CPFT

An important skill in Interpersonal Effectiveness is clarifying our priorities in our interactions with other people, which will allow us to use the appropriate skill Clarifying our Priorities Which is most important to you: Getting what you want/obtaining your goal? Objective effectiveness) Keeping the relationship? (Relationship effectiveness) Maintaining your self-respect? (Self-respect

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Make eye contact Stay focused Nod occasionally Respond with your face (eg, smile at happy

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