# **I-Motole IO3 - Relationship Skills with Others – Inspira Plus**



What are Relationship Skills?

Relationship Skills are the reciprocal social and emotional interaction between two or more individuals in an environment. All Relationship skills are deeply rooted in answering our own and other people’s Emotional Needs.

**How we behave towards others, and in turn, how others behave towards us is largely a reflection of our own and others’ emotional needs.**



**Exercise 1: Circle the 10 most important emotional needs for you:**

|  |  |  |
| --- | --- | --- |
| acceptedacknowledged admired appreciatedapproved ofauthenticbelieved incapable cared aboutchallenged clear (not confused) competent confident forgivenforgiving  | free fulfilledheardhelpedhelpfulimportant in controlincluded listened to loved needed noticed powerful  | privateproductive / usefulreassured recognized respected safe / secure supported treated fairly trustedunderstandingunderstood valued worthy  |

**Exercise 2: Rate your relationship skills with others:**

|  |  |
| --- | --- |
| 1 | Very poor |
| 2 | Poor |
| 3 | Somewhat good |
| 4 | Good |
| 5 | Very good |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1. | Making an introduction | 1 | 2 | 3 | 4 | 5 |
| 2. | Listening to what people say | 1 | 2 | 3 | 4 | 5 |
| 3. | Showing interest in what people say | 1 | 2 | 3 | 4 | 5 |
| 4. | Communicating my feelings | 1 | 2 | 3 | 4 | 5 |
| 5. | Responding to anger/hostility  | 1 | 2 | 3 | 4 | 5 |
| 6. | Responding to praise from other people | 1 | 2 | 3 | 4 | 5 |
| 7. | Responding to expression of anxiety from other people | 1 | 2 | 3 | 4 | 5 |
| 8. | Responding to negative feedback from other people | 1 | 2 | 3 | 4 | 5 |
| 9. | Responding to no feedback from other people | 1 | 2 | 3 | 4 | 5 |
| 10. | Reading other people's feelings | 1 | 2 | 3 | 4 | 5 |
| 11. | Giving information about myself | 1 | 2 | 3 | 4 | 5 |
| 12. | Advising on emotional issues/difficulties | 1 | 2 | 3 | 4 | 5 |
| 13. | Waiting for replies | 1 | 2 | 3 | 4 | 5 |
| 14. | Expressing support | 1 | 2 | 3 | 4 | 5 |
| 15. | Summarising information | 1 | 2 | 3 | 4 | 5 |
| 16. | Being able to keep other people’s interest and attention | 1 | 2 | 3 | 4 | 5 |
| 17. | Connecting with other people | 1 | 2 | 3 | 4 | 5 |
| 18. | Resolving conflicts  | 1 | 2 | 3 | 4 | 5 |

Now, based on the list of Emotional Needs in Exercise 2, please explain which emotional needs of yours are currently being met: .……………………………………………………………………………………………………………………………………………………….………………………………………………………………………………………………………………………………………………

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Based on the list of Emotional Needs in Exercise 1, please explain which emotional needs of yours are currently not being met: .……………………………………………………………………………………………………………………………………………………….………………………………………………………………………………………………………………………………………………

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Now, based on the answers you gave in Exercise 2, describe how you relate to others currently. Make sure to describe which relationship skills you are Good at, and which ones you believe you can improve:

I am good at: .……………………………………………………………………………………………………………………………………………………….………………………………………………………………………………………………………………………………………………

……….…………………………………………………………………………………………

I need to improve: ……….…………………………………………………………………………………………

.……………………………………………………………………………………………………………………………………………………….………………………………………………………………………………………………………………………………………………

Now, based on the answers you gave on this page, write a brief self-assessment paragraph focusing on what emotional needs are important to you, and why they affect how you behave with other people, and how other people behave with you:

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