

Interpersonal Relationships

“By interpersonal relationships, we mean the ability to establish and maintain mutually satisfying relationships that are characterized by the ability to both “give” and “take” in relationships, and where trust and compassion are openly expressed in words or by behavior” Stein and Book, 2011, 125.

Behaviors Exhibiting Effective Relationships

- Being able to name the most important person in your life and explain why
- Trying to get to know friends by using below the surface questions
- Rarely thinking about getting hurt by others, but rather thinking, “getting to know” others
- Usually having time for a friend in need

Behaviors Exhibiting a Need for Better Relationships

- Getting nervous or uncomfortable when people ask personal questions about yourself
- Rarely asking people to give you meaningful information about them
- Finding it hard to trust others
- Increasingly using social media, texting etc to communicate with friends and rarely connecting deeply face to face

Exercise:

Answer the following questions for someone you consider to be a good friend. Then, meet with the friend to discover whether you were right or wrong. This will help you assess your real depth of relationship vs your perceived depth

- Favorite book
- Favorite sport
- Best friend, other than you
- Favorite thing to do in his/her free time
- Greatest source of joy
- Greatest source of sadness or anxiety
- Biggest accomplishment in life
- Biggest disappointment
- Future dreams

Consult the EQ Edge, (p. 151-159) by Stein and Book, for further ideas on developing interpersonally

(For further leadership development resources and opportunities, consult www.ascend-international.com)