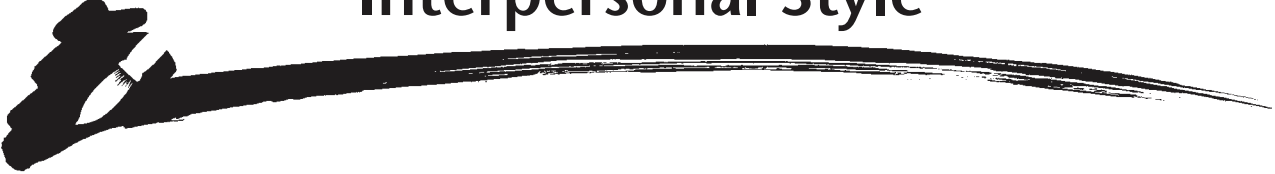


Interpersonal Style



Write your answer in the space provided after each question, or on the back of this sheet.

1. How much of my day is spent relating to people?
2. Do I have many friends?
3. Is my life too crowded with people?
4. Are there too few people in my life? Do I feel lonely much of the time?
5. What characteristics do I like in other people; that is, what makes me choose them as friends?
6. Do I feel that I need my friends more than they need me?
7. When I care about someone, how do I show it?
8. Do other people see me as self-centered?
9. How do people show that they care about me?
10. Am I my real self when I am with others, or do I put on different masks for different people?
11. Can I confront people without trying to punish them or playing the game "I'm right and you're wrong"?
12. Am I an active listener; that is, do I listen carefully and then respond to what I have heard?
13. Do I like to share my secrets and my deepest feelings?
14. Who am I close to now? Does closeness frighten me?
15. Do people see me as an emotional person, or do they think that I am cold and controlled?
16. Do I think that it is all right to be emotional?
17. Am I hurt easily? What do I do when I am hurt?
18. What do I do when a person wants to get close to me and be my friend?
19. Do I feel responsible for what happens in my relationships, or do I just let things take their course?
20. Having completed this inventory, what is the most significant thing I have learned about my interpersonal style?