

# Relating to Others

The purpose of this scale is to assess your style of relating to others.  
Be honest.

	Others would say that I ...	Seldom	Occasionally	Usually
1	Communicate easily and clearly with people			
2	Am a good listener			
3	Am assertive in my communication without being critical or negative			
4	Have considerable self confidence when relating to others			
5	Am willing to discuss feelings with others			
6	Am able to face conflict and handle antagonism			
7	Can resolve interpersonal problems between myself and others			
8	Am able to accept expressions of warmth from friends			
9	Trust other people			
10	Will often constructively influence peers			
11	Can assume responsibility for any difficulties with others			
12	Am open-minded when discussing important issues			
13	Encourage feedback from others about my behaviour			
14	Am relatively free of prejudice			
15	Am open and easy to get to know			
	<b>NUMBER OF TICKS</b>			

## Scoring

If you answered **“usually”** to ten of the above, you appear to have good relationships with others. If you answered **“occasionally”** to five or more, it may be an indication you need to focus more on this area. If you answered **“seldom”** to any questions – this is an excellent place to begin working on some self-improvement.

## Building Better Relationships

**Circle the number that best represents the way you relate to others.**

I don't listen to what is really being said	1	2	3	4	5	I listen with genuine interest
I cut people off in conversation	1	2	3	4	5	I let people finish before jumping in with my thoughts
I make judgements about people before getting to know them	1	2	3	4	5	I do not let first impressions determine a relationship
I am not interested in other people's problems or ideas	1	2	3	4	5	I devote attention to other people before immediately talking about myself
I am unable to tolerate joking and kidding by others	1	2	3	4	5	I am able to enjoy all forms of humour
I discourage opinion	1	2	3	4	5	I respond to new ideas that differ from my own with enthusiasm
I show impatience with others in nonverbal ways that express disapproval	1	2	3	4	5	My body language shows approval of others

If you have more 1's and 2's than 4's and 5's, this may be an indication that you need additional work in learning to work with others.