

Relationship Strategies • People You Know



Supportingness in People You Know

Now we will use your own relationships and experiences to practice classifying your observations of behavioral characteristics. Think about two people you know well. One should represent the “model” of supporting, and the other, the “model” of controlling behaviors.

In the space provided on this page, write a few descriptive words that represent their behaviors; their personality traits that ease your relationship with them; and those characteristics that can make your interaction with them challenging or difficult at times.

A SUPPORTING PERSON YOU KNOW

Name of person

Characteristics (descriptive words):

Their behaviors that help your relationship:

Their behaviors that hinder your relationship:

A CONTROLLING PERSON YOU KNOW

Name of person

Characteristics (descriptive words):

Their behaviors that help your relationship:

Their behaviors that hinder your relationship:

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Directness in People You Know

Now, think about two people you know well. One should represent the “model” of directness, and the other, the “model” of indirectness.

In the space provided on this page, write a few descriptive words that represent their behaviors. Include their personality traits that both ease your relationship with them and that can make your interaction with them challenging or difficult.

AN INDIRECT PERSON YOU KNOW

A DIRECT PERSON YOU KNOW

Name of person

Name of person

Characteristics (descriptive words):

Characteristics (descriptive words):

Their behaviors that help your relationship:

Their behaviors that help your relationship:

Their behaviors that hinder your relationship:

Their behaviors that hinder your relationship:
