

Interpersonal Skills Worksheet

Name:

Age:

Date:

This worksheet is designed to help individuals enhance their interpersonal skills, crucial for effective communication and relationship building. Complete each section thoughtfully, focusing on personal experiences and areas for improvement.

Self-Assessment of Interpersonal Skills

Describe how you communicate in different settings:

Do you feel comfortable in these settings? Please provide an answer for each one.

Reflect on how well you listen to others. Give examples.

Do you actively listen without interrupting?

Note any body language cues you commonly use and how they might be perceived.

Describe how you typically handle disagreements or conflicts.

Do you approach conflicts constructively?

Identifying Areas for Improvement

Identify specific aspects of your communication you want to improve.

List ways to become a better listener.

How can you better understand and relate to others' feelings?

Strategies to improve your conflict resolution skills.

Action Plan for Skill Development

Define clear and achievable interpersonal skill goals.

Outline steps to achieve your interpersonal skill goals.

Who can help you in your journey to improve these skills?

How will you measure your improvement in these areas?

Health Professional's Observations, Recommendations, and Notes