

Interpersonal goals



It is important to be goal orientated and mindful in interpersonal interactions, especially when emotional. Consider what you are really hoping to gain from the interaction like an objective (e.g. asking someone to do or stop something), developing the relationship (e.g. feeling closer to someone or mending issues) or self-respect. Plan effective ways to gain any or all of these.

Person or situation		
Objective	Relationship building	Self-respect