

# Behaviors That Are Essential To High Level Human Relating

Listed below are a number of behaviors that are essential to relating to others. Rate yourself on these behaviors, using the following scale:

1	2	3	4	5	6	7	8	9
Very Weak	Moderately Weak		Adequate		Moderately Strong		Very Strong	

Note: a rating of 5 means that you would consider yourself a resource person (if only minimally so). That is, in a relationship or group, you would be a giver rather than just a receiver.

1. \_\_\_\_\_ **Feelings** : I am not afraid to deal directly with emotion rather it is my own or others. I allow myself to feel and give expression to what I feel.
2. \_\_\_\_\_ **Initiative** : In my relationships I act rather than react by going out and contacting others without waiting to be contacted.
3. \_\_\_\_\_ **Respect** : I express that I am for others even if I do not necessarily approve of what they do.
4. \_\_\_\_\_ **Genuineness** : I do not hide behind roles or facades. I let others know where I stand.
5. \_\_\_\_\_ **Concreteness** : I am not vague when I speak to others. I do not beat around the bush in that I deal with concrete experience and behavior.
6. \_\_\_\_\_ **Immediacy** : I deal openly and directly with others. I know where I stand with others and they know where they stand with me.
7. \_\_\_\_\_ **Empathy** : I see the world through the eyes of others by listening to cues, both verbal and nonverbal, and I respond to these cues.
8. \_\_\_\_\_ **Confrontation** : I challenge others with responsibility and care. I do not use confrontation to punish.
9. \_\_\_\_\_ **Self-disclosure** : I let others know the person inside, but I am not exhibitionistic. I am open without being a secret-reveler or secret-searcher.
10. \_\_\_\_\_ **Self-exploration** : I examine my life style and behaviors and want others to help me to do so. I am open to change.