

Homework Sheet

Introduction

Everybody has some worries about standing up for themselves expressing opinions and saying no. Some of these worries are based on myths about interpersonal behavior.

There are two ways to counteract these myths

1. Try to argue against them logically
2. Experiment out in the world, see if they are true

These techniques are called "cognitive modification" and can be really useful in helping people to do things that they really want to do, but are afraid to do.

Homework

Quickly look at each interpersonal effectiveness myth, circle the ones you believe, and write a challenge to the myths that you circled.

Challenging Myths about Interpersonal Effectiveness

Everybody has some worries about standing up for themselves expressing opinions and saying no. Some of these worries are based on myths about interpersonal behavior.

1. *I can't stand it if someone gets upset with me.*

Challenge Statement:

It may be uncomfortable, but I don't need their approval. I can stand it. I can tolerate the disapproval. Life goes on.

2. *If they say no, it will kill me.*

Challenge Statement:

3. *I don't deserve to get what I want or need.*

Challenge Statement:

4. *If I make a request, this will show that I am a weak person.*

Challenge Statement:

5. *I must be really inadequate if I can't fix this myself.*

Challenge Statement:

6. *I have to know whether a person is going to say yes before I make a request..*

Challenge Statement:

7. *Making a request is a really pushy (bad, self-centered, selfish, unattractive) thing to do.*

Challenge Statement:

8. *It doesn't make any difference; I don't care really.*

Challenge Statement:

9. *Obviously, the problem is just in my head. If I would just think differently I wouldn't have to bother everybody else.*

Challenge Statement:

10. *This is catastrophe (is really bad, is terrible, is driving me crazy, will destroy me, is a disaster)*

Challenge Statement:

11. *Saying no to a request is always a selfish thing to do.*

Challenge Statement:

12. *I should be willing to sacrifice my own needs for others.*

Challenge Statement:

6. Write your own statements, and come up with a challenge statement.
