



# Interpersonal Myths

## DBT: Interpersonal Effectiveness Skills

**Strong beliefs can affect our ability to interact with others effectively - for better and for worse.** Sometimes we don't even realize we have these beliefs, or the impact they have on our relationships. This worksheet will help you explore your interpersonal beliefs. Read each prompt, then circle the answer that best reflects your beliefs about relationships. Tally the number of answers you have in each column.

Prompt	Column A	Column B	Column C
Saying no to someone...	Feels wrong	Is okay	Is easy
Should I be willing to sacrifice my needs for others?	Almost always	When I need to	Almost never
If I ask for what I want or need, then I'll seem...	Pushy or selfish	Appropriate	Weak
Do I deserve to get what I want or need?	Not really	Often	Always!
If I don't get what I want or need...	It's totally fine	I try something else	I push harder
If I have to tell people no, then...	I feel terrible	It's okay	They were pushy
If other people tell me no, then...	I was selfish to ask	I can accept it	I can't stand it
If I can't fix a problem myself...	I'm a bother to others	I ask for help	I'm inadequate
Other people should approve of me and support me	I don't deserve that	I often deserve that	I always deserve that
When people don't ask for what they want...	I should know anyways	It's hard to tell	Their mistake
Should I ask for what I want?	I shouldn't have to ask	Yes	Not ask, tell
If others hurt my feelings	They should realize	I tell them	I get even
Who should I be kind/courteous/respectful to?	Everyone, all the time	Just about everyone	People I like
Who has strong values? (like honesty, integrity)	People better than me	Many people	Weak people
Number of answers in each column: -----			-----



Scan or [click here](#) to learn more about DBT:

*\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



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## DBT: Interpersonal Effectiveness Skills

Do you feel that your results (mostly passive, assertive, or aggressive interpersonal style) are accurate? Why or why not?

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Does your actual behavior in relationships match your beliefs about relationships? (For example, some people might believe it's okay to say no, but have a lot of trouble actually doing so)

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# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**325+**  
Companies Reviewed



**3,625+**  
Hours of Firsthand Experience



**1,545+**  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





# Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

## [Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



## [Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.