

Myths in the Way of Interpersonal Effectiveness

Myths in the Way of Objectives Effectiveness

- 1. I don't deserve to get what I want or need.
- 2. If I make a request, this will show that I am a very weak person.
- 3. I have to know whether a person is going to say yes before I make a request.
- 4. If I ask for something or say no, I can't stand it if someone gets upset with me.
- 5. If they say no, it will kill me.
- 6. Making requests is a really pushy (bad, self-centered, selfish, etc.) thing to do.
- 7. Saying no to a request is always a selfish thing to do.
- 8. I should be willing to sacrifice my own needs for others.
- 9. I must be really inadequate if I can't fix this myself.
- 10. Obviously, the problem is just in my head. If I would just think differently I wouldn't have to bother everybody else.
- 11. If I don't have what I want or need, it doesn't make any difference; I don't care really.
- 12. Skillfulness is a sign of weakness.

Other myth: _____

Other myth: _____

Myths in the Way of Relationship and Self-Respect Effectiveness

- 13. I shouldn't have to ask (say no); they should know what I want (and do it).
- 14. They should have known that their behavior would hurt my feelings; I shouldn't have to tell them.
- 15. I shouldn't have to negotiate or work at getting what I want.
- 16. Other people should be willing to do more for my needs.
- 17. Other people should like, approve of, and support me.
- 18. They don't deserve my being skillful or treating them well.
- 19. Getting what I want when I want it is most important.
- 20. I shouldn't be fair, kind, courteous, or respectful if others are not so toward me.
- 21. Revenge will feel so good; it will be worth any negative consequences.
- 22. Only wimps have values.
- 23. Everybody lies.
- 24. Getting what I want is more important than how I get it; the ends really do justify the means.

Other myth: _____

Other myth: _____