

Skills Group (Interpersonal Effectiveness): **Week 3**



CFPCN Extended Health Team

Agenda

Homework Review
Evaluating Intensity of Asking or Declining
The Dime Game



Mindfulness Practice



Homework Review

Interpersonal Skills

- Practice using DEARMAN, GIVE, or FAST and reflect on how it went





Evaluating Intensity of Asking or Declining

Interpersonal Effectiveness Handout 8

Factors to Consider

- Capability
- Priorities
- Self-Respect
- Rights
- Authority
- Relationship
- Long-Term Vs Short-Term Goals
- Give and Take
- Homework
- Timing

Interpersonal Effectiveness Handout 8





The Dime Game

Interpersonal Effectiveness Worksheet

6

Mindfulness Practice



Primary Care Network
CALGARY FOOTHILLS

Name sticker

Self-Management Plan understanding my pain

NOTICE
Physical

NOTICE
Thoughts
Feelings

NOTICE
Behaviours
Relationships

Helpful and unhelpful impacts on pain

Helpful	Sleep	worries	work	Exercise
Not helpful				
Helpful	weather	Food	Relationship	Other
Not helpful				

Add skills/ strategies that you have found helpful or want to practice to your toolbox or green folder.



Thank you
for joining us

