

INTENTIONAL RELATING SKILLS SELF-ASSESSMENT

PROFILE SHEET Bill and Robin Shearer 2000

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Optimal

Good

Needs attention

Urgent attention needed

INTENTION

CHOICE AND SELF-MANAGEMENT

FOCUSING, ATTENDING, UNDERSTANDING, AND EMPATHY

ASSERTIVE, OPEN AND SELF-REVEALING

STAYING TUNED IN TO THE PROCESS

SELF-AWARENESS

RESPECTING AND ACCEPTING

ACKNOWLEDGING AND INVITING

LANGUAGE CHOICE FOR CLIMATE MANAGEMENT

FOLLOW-THROUGH, FOLLOW-UP