

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# T.H.I.N.K REFLECTION

Describe the situation where interpersonal skills were needed (who, what, when, where).

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Which **THINK** skill(s) did you use?

- Think about it from the other person's perspective \_\_\_\_\_
- Have empathy \_\_\_\_\_
- Interpretations \_\_\_\_\_
- Notice the other person \_\_\_\_\_
- use Kindness in your response \_\_\_\_\_

What was the outcome?

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What were your goals for the interaction?

- |  |   |
|--|---|
| <input type="checkbox"/> Maintain/Improve the relationship | <input type="checkbox"/> Say no or be assertive |
| <input type="checkbox"/> Be taken seriously                | <input type="checkbox"/> Get what I want        |
| <input type="checkbox"/> Resolve conflict                  | <input type="checkbox"/> Maintain self-respect  |

How effective were the THINK skills in helping you reach your interpersonal goals?

- Not effective       Somewhat effective       Very effective

If the situation did not go the way you would have liked, what could you have done differently to get a better outcome?

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