

# INTERPERSONAL COMMUNICATION

## “ASSESSING YOUR INTERPERSONAL RELATIONSHIPS”

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**Purpose:** 1. To understand how communication events are guided by the context in which the event occurs.  
2. To understand how different contexts affect the individuals in a relationship differently.  
3. To determine the degree of “interpersonalness” of your relationship.

**Directions:** Select one relationship in each of the following categories:  
*First:* Professional or academic  
*Second:* Immediate family or extended family  
*Third:* Romantic or friendship

1. First Relational Partner: \_\_\_\_\_ (First Name & Type)  
Second Relational Partner: \_\_\_\_\_ (First Name & Type)  
Third Relational Partner: \_\_\_\_\_ (First Name & Type)
2. For each relationship, complete the following items below using the following scale:  
5 = Definitely True                      2 = Mostly False  
4 = Mostly True                         1 = Definitely False  
3 = Neither True nor False

QUESTION	PARTNER 1	PARTNER 2	PARTNER 3
My partner and I use psychological information as the basis for predicting each other's responses.			
I have a high degree of trust and a positive history with my partner.			
Most of the rules we use for communicating in our relationship are unique to our relationship.			
Our roles in the relationship are defined almost exclusively by our individual characteristics.			
Our goals for communicating include the satisfaction of both personal and mutual needs.			
<b>TOTAL</b>			

*The possible range of your score is 4-25, indicating the degrees of “interpersonalness.” Score of 15 and lower lean toward less interpersonal, while scores of 16 and higher lean toward more interpersonal.*

### ASSESSMENT QUESTIONS:

- Is one of your relationships more interpersonal than others? In what ways?
- Is one of your relationships less interpersonal than others? In what ways?

*For the next four questions, answer for all three relationships:*

- How does the other person's cultural background affect how he/she responds to you and your messages?
- How do the situation and the environment affect how you and your partner communicate your messages?
- How does the content and/or the way the messages are communicated change due to the place and the surroundings in which you are communicating?
- What are some of the techniques that we've reviewed in class (language, listening, nonverbal comm., etc.) that will help you improve your interpersonal relationships? Be specific with regard to their application.