

ACTIVITY B-2

Essential qualities that enhance interpersonal relationships: Being at my best for others



Reflection Activity

1. Think of a person who has had an impact or a positive influence on your personal development as a child or adult.
2. What characteristics or qualities did that person demonstrate?
3. How have these qualities influenced you?
4. Share your experiences and responses in small groups.

Relationship qualities highlighted by Carl Rogers:

Genuineness

The more individuals feel at ease with themselves in relationships, putting up no front or personal facade, the greater the likelihood that these relationships will be positive and growth producing. Other words related to genuineness include humility, transparency and integrity.

Unconditional Positive Regard

This quality refers to acceptance and caring from others. When individuals experience positive, accepting attitudes from others, they feel hope and strength, even in the midst of adversity.

Empathic Understanding

Empathic understanding means that an individual senses accurately the feelings and personal meanings others are experiencing and communicates this understanding to them. Listening with real understanding and true empathy is one of the most potent forces for positive change.