

INTERPERSONAL EFFECTIVENESS HANDOUT 12

([Interpersonal Effectiveness Worksheet 9](#))

Mindfulness of Others

FRIENDSHIPS LAST LONGER WHEN WE ARE MINDFUL.

OBSERVE

- ☐ Pay attention with interest and curiosity to others around you.
- ☐ Stop multitasking; focus on the people you are with.
- ☐ Stay in the present rather than planning what to say next.
- ☐ Let go of a focus on self, and focus on others around you.
- ☐ Be open to new information about others.
- ☐ Notice judgmental thoughts about others, and let them go.
- ☐ Give up clinging to always being right.

DESCRIBE

- ☐ Replace judgmental words with descriptive words.
- ☐ Avoid assuming or interpreting what other people think about you without checking the facts. (Remember, *no one* has ever observed another person's thoughts, motives, intentions, feelings, emotions, desires, or experiences.)
- ☐ Avoid questioning other people's motives (unless you have very good reasons to do so).
- ☐ Give others the benefit of the doubt.

PARTICIPATE

- ☐ Throw yourself into interactions with others.
- ☐ Go with the flow, rather than trying to control the flow.
- ☐ Become one with group activities and conversations.

INTERPERSONAL EFFECTIVENESS WORKSHEET 9

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Mindfulness of Others

Due Date: _____ Name: _____ Week Starting: _____

Fill out this sheet whenever you practice mindfulness of others and whenever you have an opportunity to practice even if you don't (or almost don't) do anything to practice. Write on the back of this sheet if you need more room.

Check off any of the following that you practiced:

- ☐ Paid attention with interest and curiosity to others around me.
- ☐ Let go of a focus on myself, and focused on the people I was with.
- ☐ Noticed judgmental thoughts about others and let them go.
- ☐ Stayed in the present (instead of planning what I would say next) and listened.
- ☐ Put my entire attention on the other person and did not multitask.
- ☐ Gave up clinging to being right.
- ☐ Other: _____

- ☐ Described in a matter-of-fact way what I observed.
- ☐ Replaced judgmental descriptions with descriptive words.
- ☐ Described what I observed, instead of making assumptions and interpretations of others.
- ☐ Avoided questioning others' motives.
- ☐ Other: _____

- ☐ Threw myself into interactions with others.
- ☐ Went with the flow, rather than trying to control everything.
- ☐ Became one with the conversation I was in.
- ☐ Other: _____

Describe a situation where you practiced mindfulness of others in the last week. _____

Who was the person you were with? _____

How exactly did you practice mindfulness? _____

What was the outcome? _____

How did you feel afterward? _____

Did being mindful make a difference? If so, what? _____
