



LOOKING BACK: A Self-Reflection

Interpersonal Relationships Worksheet

WHAT ARE YOUR SCRIPTS?

What scripts do you use for the following people?

1. Friend
2. Parent
3. Teacher
4. Law Enforcement Agent
5. Grandparent

PICTURE THIS

Scenario #1: Picture yourself in a classroom. There is no teacher at the front of the room. Instead there is a note saying, "Your instructor is at one of the student desks. Can you locate your teacher?" What does the teacher, instructor, or professor look like to you? The images we have of those who know more than us feed into the scripts we use when we are speaking with them.

Scenario #2: Picture yourself in a park at night. You've been taking a late night run and decide it's time for a short rest. Much of the park is poorly lit. In a lit section you notice two benches. There are only two other people in the park that you notice, each occupying one of the benches. A man with a baseball cap, dirty trench coat, and boots occupies one bench. A woman with a fur coat, tennis shoes, and backpack occupies the other. A pit bull sits by her feet. Assuming that you must sit down on one of the benches, which bench will you choose? Based on your decision, what scripts have you used in this scenario?

Scenario #3: Picture yourself driving to the supermarket on a rainy day. You are alone when you see an older woman caught in the rain. She is carrying several grocery bags and appears to be struggling. Based on the fact that you are adamant against picking up hitchhikers due to safety reasons, will you stop to help her? Based on your decision, what scripts have you used in this scenario?

REFLECTING

How has your script for each of the scenarios above evolved over the years? Can you think of any situations or events that may have caused you to perceive any of these people in a unique way? Were the experiences negative or positive? Have you encountered or known other people in any of those groups who exhibit or don't exhibit the same qualities?

