

# INTERPERSONAL EFFECTIVENESS HANDOUT 15

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(Interpersonal Effectiveness Worksheets 11, 11a, 11b)

## Dialectics

### DIALECTICS REMINDS US THAT

**1. The universe is filled with opposing sides/opposing forces.**

There is always more than one way to see a situation, and more than one way to solve a problem.

Two things that seem like opposites can both be true.

**2. Everything and every person is connected in some way.**

The waves and the ocean are one.

The slightest move of the butterfly affects the furthest star.

**3. Change is the only constant.**

Meaning and truth evolve over time.

Each moment is new; reality itself changes with each moment.

**4. Change is transactional.**

What we do influences our environment and other people in it.

The environment and other people influence us.