

## 10 Dimensions of Effectiveness in Interpersonal Relations

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1. **Empathy** – the ability to perceive accurately what another person is experiencing and to communicate that perception.
2. **Respect** – appreciation of the dignity and worth of another human being, and that person’s right to make his or her own choices in his or her own time.
3. **Genuineness** – the ability of an individual to be freely and deeply himself.
4. **Concreteness** – the ability of specificity of expression concerning the client’s feelings and experiences.
5. **Confrontation** – the capacity to challenge the client on discrepancies in his or her statements, feelings and actions.
6. **Self-disclosure** – the revealing of personal feelings, attitudes, opinions and experiences on the part of the therapist for the benefit of the client.
7. **Immediacy** – the ability to deal with the feelings between the client and counselor in the here and now.
8. **Warmth** – the expression of verbal and nonverbal concern and affection.
9. **Potency** – the dynamic force and magnet quality of the therapist.
10. **Self-actualization** – the capacity to “live and meet life directly,” to be “effective at living.”

