

## Coping with Difficult People Self-Test

If you answered NO to 1 or more of these questions, then <a href="#">The Training AdvantEdge</a> has a workshop for you.		YES	NO
1.	Do you recognize that sometimes your own behavior creates difficult behavior in others?		
2.	Can you manage your own negative emotions when you are under stress?		
3.	Do you have techniques to build your own self-esteem and prevent you from taking on the victim's role?		
4.	Do you recognize there is a reciprocal quality to relationships?		
5.	Are you skilled at developing and maintaining relationships with the important people in your life?		