

Understanding Yourself And Others An Introduction To Temperament 20

Knowing our interaction style helps us locate interpersonal conflicts and situational energy drains. It gives us a map for greater flexibility in our interactions with others. Adapted from Linda V. Berens, *Understanding Yourself and Others®: An Introduction to Interaction Styles 2.0* (Telos Publications, 2008) *Used with permission.

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Understanding Yourself and Others, An Introduction to temperament relates these patterns to human interaction. When you know how you tend to be organized, it is easier to work with that organizing force and to even go beyond it.

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Introduction to the ...

Understanding Yourself and Others: An Introduction to Interaction Styles reveals the four fundamental interaction style patterns for you to "try on" in your search for understanding yourself (and others). Within these patterns are clues to the "how" of our behaviors.

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