



Checklist Your Interpersonal Risk Tolerance

		Yes	No	Not often enough
1	I will ask for things from people I don't know.			
2	I take time to ask questions to learn about people I don't know or who make me feel uncomfortable.			
3	I change my communication style to fit the situation, even when it means a style that is very different from my usual style.			
4	I will talk with people who make me feel uncomfortable.			
5	I am not afraid to be wrong in a conversation.			
6	I admit when I am wrong to the people with whom I was wrong.			
7	I will talk with someone I don't know rather than email or text them.			
8	I will talk with someone I don't like or who makes me uncomfortable rather than email or text them.			
9	I will ask others for help in dealing with difficult persons or situations.			
10	I am willing to be patient and take the time to build a relationship with people who make me feel uncomfortable.			

Source: *The Journal of Not Knowing: Charting Your Own Course*, Julie Benezet, Morton Hill Press. 2018.