

List of Interpersonal Capacities

This list is just to give you a flavor of the interpersonal capacities. It doesn't cover all of them. Each one links to a (often brief) description of the capacity.

[Self-protection](#)

[Perceptiveness](#)

[Protection](#)

[Trust](#)

[Openness](#)

[Self-expression](#)

[Attunement](#)

[Appreciation](#)

[Self-confidence](#)

[Sovereignty](#)

[Directness](#)

[Autonomy](#)

[Authority](#)

[Self-Reflection](#)

[Owning](#)

[Empowerment](#)

[Collaboration](#)

[Involvement](#)

[Reaching Out](#)

[Directness](#)

[Self-support](#)

[Caring](#)

[Intimacy](#)

[Belonging](#)