

GIVE: RELATIONSHIP EFFECTIVENESS SKILLS (DBT WORKSHEET)

Use GIVE when you need to disagree, raise a problem, or set a limit without lighting a fire, to keep the relationship strong.

GENTLE



PRACTICE GENTLE MANNER.

- Don't attack ☐
- Use a low voice ☐
- Be respectful ☐

INTERESTED



SHOW INTEREST.

- Listen actively ☐
- Don't interrupt ☐
- Ask questions ☐

VALIDATE



valid



VALIDATE: Acknowledge the other person's feelings, even when you don't agree with their view.

HOW I'LL VALIDATE.

_____ ☐

_____ ☐

EASY MANNER



USE AN EASY MANNER.

- Smile ☐
- Light humor (if appropriate) ☐
- Relaxed posture ☐

PREPARATION: NAME YOUR EMOTIONS BEFOREHAND

Use an emotions guide to name what's actually going on for both of you.









NOTES & PRACTICE SCENARIO

