

DBT INTERPERSONAL EFFECTIVENESS SKILLS PDF CHEAT SHEET



DEAR MAN

OBJECTIVE-SETTING (GETTING WHAT YOU WANT)

- Describe the situation facts.
- Express your feelings and opinions.
- Assert your needs or say "no".
- Reinforce (reward) the other person.
- (M)indful: Stay focused and ignore distractions.
- (A)ppear confident and strong.
- (N)egotiate and be open to options.



GIVE

RELATIONSHIP-KEEPING (MAINTAINING CONNECTIONS)

- (G)entle: Be respectful, avoid attacks.
- (I)nterested: Listen actively, avoid judging.
- (V)alidate: Acknowledge the other person's perspective.
- (E)asy Manner: Use humor, be lighthearted.



FAST

SELF-RESPECT-KEEPING (MAINTAINING DIGNITY)

- (F)air: Be fair to yourself and the other person.
- (A)pologies-Free: Avoid excessive or unwarranted apologizing.
- (S)tick to Values: Be firm in your core beliefs.
- (T)ruthful: Avoid lying or exaggeration.