Boost Your Social Skills With 3 DBT Techniques

DBT teaches different skills to self-check and modify our own behavior in the moment. Below, find three easy-to-remember phrases that will help your social skills with minimal effort: DEAR MAN, GIVE, and FAST.

**DEAR MAN: “The most effective way to make a request”**
- Describe the facts at hand
- Express your point of view
- Assert what you’d like
- Reinforce the connection between you and the other person
- Mindfully stay in the moment and avoid bringing the past into this situation
- Appear confident
- Negotiate with the other person to reach an agreement

**GIVE: Healthy conversation-making checklist**
- Gentle: am I expressing myself gently?
- Interested: am I expressing interest in what the other person’s saying?
- Validate: am I validating what the other person’s saying, where appropriate?
- Easy manner: am I maintaining an easy manner, not getting worked up or hostile?

**FAST: Boundaries and self respect in conversations**
- Fair: am I being fair to both myself and my partner in conversation?
- Apologies / no apologies: apologize if you’ve wronged the other person, but don’t apologize for setting boundaries or making a request
- Stick to your values: try to find a solution that doesn’t violate your values
- Truthful: be truthful and don’t give up on the conversation

This worksheet is inspired by *Interpersonal Effectiveness Skills* from Healing Connections Online.

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