DEAR MAN Worksheet

DBT interpersonal effectiveness: plan a conversation where you need to ask for something, set a boundary or say no.

Name _____ Date _____

Situation

Who is the conversation with, and what is it about?

D — Describe

The facts only, what a camera would record. No interpretations.

E — Express

How I feel, in "I" statements. One or two sentences.

A — Assert

My specific request or boundary: "I need…" or "I'm not able to…"

R — Reinforce

The good outcome for both of us if the request is met.

M — Mindful

What might pull me off topic, and how I'll come back to my request.

A — Appear confident

One or two things to watch: voice, eye contact, over-apologizing.

N — Negotiate

A compromise I'd accept, and my bottom line. Ask first, negotiate only if needed.

Free from DBT Pal (dbtpal.app). For learning and practice between sessions; not a substitute for therapy or crisis support. In the US, call or text 988 in a crisis.

Log DEAR MAN on your DBT Pal diary card each time you use it, with a note on how the conversation went. Free for iPhone and Android: dbtpal.app/get?c=pdf-dear-man