FAST Skill Worksheet

DBT interpersonal effectiveness: keep your self-respect in a hard conversation. Use it before, or as a check afterwards.

Name _____ Date _____

Situation

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

F — Fair

Fair to me and to them. Am I treating my needs as important as theirs? Asking for too much, or settling for too little?

A — (no unnecessary) Apologies

What am I actually sorry for, and what am I just uncomfortable about?

S — Stick to values

My values here, what betraying them would look like, and the pressure I feel to drop them.

T — Truthful

Am I exaggerating, minimizing, or pretending to agree to end the conversation?

Afterwards

Did I stay fair, skip the extra apologies, keep my values and tell the truth?

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 FAST on your DBT Pal diary card each time you use it, with a note on how it went. Free for iPhone and Android: dbtpal.app/get?c=pdf-fast