Interpersonal Effectiveness Worksheet

DBT interpersonal effectiveness: plan a hard conversation with DEAR MAN, GIVE and FAST.

Name _____ Date _____

Situation

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

What matters most?

Getting my objective (lean on DEAR MAN), keeping the relationship (GIVE), or my self-respect (FAST)?

DEAR MAN	My plan
Describe the facts	
Express "I" statements	
Assert my specific request	
Reinforce the good outcome	
Mindful staying on topic	
Appear confident	
Negotiate fallback and bottom line	

GIVE and FAST	My plan
Gentle, Interested no attacks; show interest	
Validate, Easy manner what makes sense about their side	
Fair, no Apologies fair to both; sorry only for real wrongs	
Stick to values, Truthful my values; no exaggerating	

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Log DEAR MAN, GIVE and FAST on your DBT Pal diary card each time you use them. Free for iPhone and Android: dbtpal.app/get?c=pdf-interpersonal-effectiveness