

Dialectical Behavior Therapy Skills – Interpersonal Effectiveness - DEAR MAN Worksheet

Name: _____ Therapist: _____ Date: _____

Instructions: Use this worksheet to create a plan for effectively requesting something you want or need from someone where the situation is uncertain, emotionally arousing, and/or susceptible to conflict.

Describe the problem:

Express your thoughts & feelings about the problem:

Assert, request precisely what you want done in order to fix the problem:

Reinforce, state the benefits of fulfilling your request

Mindful: Be mindful of environmental vulnerabilities, yours & others emotions. Choose words carefully.

Appear confident: Use direct eye contact; hold head high, shoulders back, arms uncrossed, palms open.

Negotiate: Be willing to compromise if there is unwillingness to meet the specifics of your request.

Notes:
