Interpersonal Skills Acronyms

Worksheet

This worksheet outlines three key interpersonal effectiveness skills that DBT aims to impart:

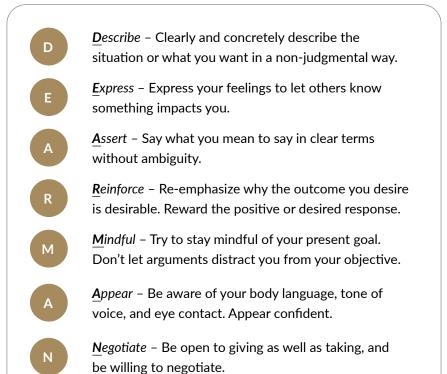
- 1. Objective effectiveness;
- 2. Relationship effectiveness; and
- 3. Self-respect effectiveness.

In interpersonal situations, we are required to give thought to these skills and apply them to different degrees. Use the acronyms provided as a convenient way remember these skills.

D.E.A.R.M.A.N: Objective Effectiveness

The DBT acronym **D.E.A.R.M.A.N.** covers *Objective Effectiveness* skills that help you achieve your purpose or objective in an interaction.

D.E.A.R.M.A.N. stands for Describe, Express, Assert, Reinforce, Mindful, Appear, and Negotiate.



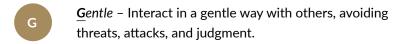
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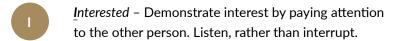


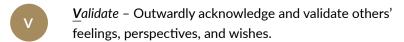
G.I.V.E: Relationship Effectiveness

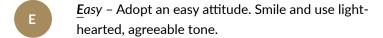
G.I.V.E. is a DBT acronym for Relationship Effectiveness skills. These help you effectively build and maintain interpersonal relationships - which involves giving as well as taking.

G.I.V.E. stands for Gentle, Interested, Validate, and Easy.





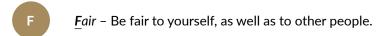




F.A.S.T: Self-Respect Effectiveness

The DBT Interpersonal Effectiveness acronym F.A.S.T. is useful for helping you retain respect for yourself in relationships. Self-Respect Effectiveness describes being cognizant of your own needs, beliefs, and values while maintaining healthy relationships with others.

F.A.S.T. stands for Fair, Apologies, Sticking to Values, and Truthful.



Apologies - Apologize only when it is necessary. Some situations do not require you to apologize.

Stick to Values - Don't compromise what you believe in or stand for simply to achieve an outcome.

Truthful - Avoid acting dishonestly, e.g. exaggerating or acting helpless to manipulate others.