

FINDING OUR POWER TOGETHER

**BUILDING**  
**OUR BUNDLE**

MENTAL HEALTH SKILL:  
**RELATIONAL EFFECTIVENESS**



# **INAWENDIWAG: BEING A GOOD RELATIVE**

## **EXPLORING RELATIONAL EFFECTIVENESS**

The goal of DBT interpersonal effectiveness skills is to help you build and maintain healthy, positive relationships with yourself and others.

**GOAL: GET OR KEEP A GOOD RELATIONSHIP**

**USE GIVE SKILL**

**gentle  
interest  
validation  
easy manner**

**GOAL: MAINTAIN YOUR SELF-RESPECT IN YOUR RELATIONSHIPS**

**USE FAST SKILL**

**fair  
apologies  
stick to values  
truthful**

**GOAL: GETTING WHAT YOU WANT IN THE RELATIONSHIP**

**USE DEAR MAN SKILL**

**describe  
express  
assert  
reinforce  
mindful  
act confident  
negotiate**



# **INAWENDIWAG: BEING A GOOD RELATIVE**

## **EXPLORING RELATIONAL EFFECTIVENESS**

Choose a skill to focus on applying to a relationship that is important to you. Reflect and write down what you would do or say in order to practice these skills.

**GOAL: GET OR KEEP A GOOD RELATIONSHIP - USE GIVE SKILL**

<b>SKILL</b>	<b>WORDS OR ACTIONS TO SHOW THE SKILL</b>
<b>gentle</b>	
<b>interest</b>	
<b>validation</b>	
<b>easy manner</b>	



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Choose a skill to focus on applying to a relationship that is important to you. Reflect and write down what you would do or say in order to practice these skills.

**GOAL: MAINTAIN YOUR SELF-RESPECT IN YOUR RELATIONSHIPS- USE FAST SKILL**

<b>SKILL</b>	<b>WORDS OR ACTIONS TO SHOW THE SKILL</b>
<b>fair</b>	
<b>apology free</b>	
<b>stick to values</b>	
<b>truthful</b>	



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## **EXPLORING RELATIONAL EFFECTIVENESS**

**GOAL: GETTING WHAT YOU WANT IN THE RELATIONSHIP - USE DEAR MAN SKILL**

<b>SKILL</b>	<b>WORDS OR ACTIONS TO SHOW THE SKILL</b>
<b>describe</b>	
<b>express</b>	
<b>assert</b>	
<b>reinforce</b>	
<b>mindful</b>	
<b>act confident</b>	
<b>negotiate</b>	



**FINDING OUR POWER TOGETHER**

SUPPORTING INDIGENOUS YOUTH TO THRIVE  
WWW.FINDINGOURPOWERTOGETHER.COM

## **REMEMBER:**

**HONOUR YOUR RELATIONS TO SELF,  
OTHERS, AND CREATION IN ORDER TO  
HELP YOU ALONG YOUR PATH.**

**IT'S NEVER TOO LATE TO IMPROVE OUR  
RELATIONSHIPS TO OURSELVES OR  
OTHERS.**

**ALWAYS REACH OUT FOR HELP WHEN  
YOU NEED IT.**