

DBT INTERPERSONAL EFFECTIVENESS JOURNAL



WORKSHEETS TO HELP YOU UNDERSTAND AND
IDENTIFY YOUR INTERPERSONAL EFFECTIVENESS

WHAT IS INTERPERSONAL EFFECTIVENESS?

INTERPERSONAL EFFECTIVENESS REFERS TO THE ABILITY TO INTERACT AND COMMUNICATE WITH OTHERS IN A SKILLFUL AND CONSTRUCTIVE MANNER. IT INVOLVES UNDERSTANDING AND MANAGING ONE'S OWN EMOTIONS, AS WELL AS EMPATHIZING WITH AND RESPONDING TO THE EMOTIONS AND NEEDS OF OTHERS.

INTERPERSONAL EFFECTIVENESS ENCOMPASSES VARIOUS SKILLS SUCH AS EFFECTIVE COMMUNICATION, ACTIVE LISTENING, ASSERTIVENESS, EMPATHY, CONFLICT RESOLUTION, AND THE ABILITY TO ESTABLISH AND MAINTAIN HEALTHY RELATIONSHIPS.

BENEFITS OF INTERPERSONAL EFFECTIVENESS

- IMPROVED COMMUNICATION
- STRONGER RELATIONSHIPS
- CONFLICT RESOLUTION
- INCREASED EMPATHY
- ENHANCED LEADERSHIP
- CAREER ADVANCEMENT



- REDUCED STRESS
- EMOTIONAL INTELLIGENCE
- POSITIVE INFLUENCE
- PERSONAL WELL-BEING
- NETWORKING AND SOCIAL CONNECTIONS
- GREATER SELF-AWARENESS

INTERPERSONAL EFFECTIVENESS OBSTACLES

- 1. EMOTIONAL DYSREGULATION**
DIFFICULTY MANAGING INTENSE EMOTIONS, SUCH AS ANGER, FEAR, OR ANXIETY, CAN IMPEDE EFFECTIVE COMMUNICATION AND LEAD TO IMPULSIVE REACTIONS IN SOCIAL INTERACTIONS.
- 2. LACK OF COMMUNICATION SKILLS**
SOME INDIVIDUALS MAY NOT HAVE DEVELOPED EFFECTIVE COMMUNICATION SKILLS, MAKING IT CHALLENGING TO EXPRESS THEMSELVES CLEARLY AND LISTEN ACTIVELY TO OTHERS.
- 3. SOCIAL ANXIETY**
SOCIAL ANXIETY CAN LEAD TO AVOIDANCE OF SOCIAL INTERACTIONS OR DIFFICULTY INITIATING CONVERSATIONS, WHICH CAN HINDER THE DEVELOPMENT OF MEANINGFUL RELATIONSHIPS.
- 4. DIFFICULTY SETTING BOUNDARIES**
SETTING AND MAINTAINING BOUNDARIES MAY BE CHALLENGING FOR INDIVIDUALS WHO STRUGGLE WITH ASSERTIVENESS OR HAVE A FEAR OF DISAPPOINTING OTHERS.
- 5. BLACK-AND-WHITE THINKING**
A TENDENCY TO VIEW SITUATIONS AND RELATIONSHIPS IN EXTREMES (ALL GOOD OR ALL BAD) CAN IMPACT ONE'S ABILITY TO FIND COMMON GROUND AND NEGOTIATE EFFECTIVELY.
- 6. LACK OF EMPATHY**
DIFFICULTY EMPATHIZING WITH OTHERS' EMOTIONS AND PERSPECTIVES CAN LEAD TO MISUNDERSTANDINGS AND STRAINED RELATIONSHIPS.
- 7. LOW SELF-ESTEEM**
INDIVIDUALS WITH LOW SELF-ESTEEM MAY STRUGGLE TO ASSERT THEIR NEEDS OR ADVOCATE FOR THEMSELVES IN RELATIONSHIPS.

EXPLORING OBSTACLES

FEAR OF SOCIAL BUTTERFLIES

1. DESCRIBE SITUATIONS WHERE YOU FEEL ANXIOUS AROUND NEW PEOPLE OR IN SOCIAL SETTINGS. HOW CAN YOU REFRAME THESE SITUATIONS AS OPPORTUNITIES FOR GROWTH AND LEARNING?

CONFLICT AVOIDANCE MONSTER

2. IDENTIFY CONFLICTS YOU TEND TO AVOID. DRAW OR WRITE ABOUT A CREATIVE WAY TO APPROACH THESE CONFLICTS WITH ASSERTIVENESS AND OPEN COMMUNICATION.

PEOPLE-PLEASING PUZZLE

3. LIST INSTANCES WHERE YOU PRIORITIZE OTHERS' NEEDS OVER YOUR OWN. DESIGN A SUPERHERO VERSION OF YOURSELF WHO SETS HEALTHY BOUNDARIES AND PRIORITIZES SELF-CARE.

EMOTIONAL EXPRESSION ADVENTURE

4. CREATE A STORY OR COMIC STRIP ABOUT A CHARACTER WHO LEARNS TO EXPRESS EMOTIONS CONFIDENTLY AND AUTHENTICALLY.

YOUR LEGITIMATE RIGHTS

THESE RIGHTS HELP INDIVIDUALS UNDERSTAND THAT THEY HAVE THE RIGHT TO BE TREATED WITH RESPECT AND DIGNITY WHILE ALSO RECOGNIZING THE IMPORTANCE OF RESPECTING OTHERS' RIGHTS.

- 1. THE RIGHT TO RESPECT**
EVERY INDIVIDUAL HAS THE RIGHT TO BE TREATED WITH RESPECT AND CONSIDERATION IN THEIR INTERACTIONS WITH OTHERS.
- 2. THE RIGHT TO BE HEARD**
EVERYONE HAS THE RIGHT TO EXPRESS THEIR THOUGHTS, FEELINGS, AND OPINIONS AND TO HAVE THEM HEARD AND ACKNOWLEDGED BY OTHERS.
- 3. THE RIGHT TO SET BOUNDARIES**
INDIVIDUALS HAVE THE RIGHT TO ESTABLISH PERSONAL BOUNDARIES AND COMMUNICATE THEM ASSERTIVELY TO OTHERS.
- 4. THE RIGHT TO SAY NO**
PEOPLE HAVE THE RIGHT TO SAY NO TO REQUESTS OR DEMANDS THAT DO NOT ALIGN WITH THEIR VALUES, NEEDS, OR PRIORITIES.
- 5. THE RIGHT TO BE ASSERTIVE**
EVERY PERSON HAS THE RIGHT TO EXPRESS THEIR NEEDS, WANTS, AND PREFERENCES IN A CONFIDENT AND RESPECTFUL MANNER.
- 6. THE RIGHT TO MAKE MISTAKES**
INDIVIDUALS HAVE THE RIGHT TO MAKE MISTAKES AND LEARN FROM THEM WITHOUT BEING EXCESSIVELY CRITICIZED OR JUDGED.
- 7. THE RIGHT TO EMOTIONAL EXPRESSION**
EVERYONE HAS THE RIGHT TO EXPRESS THEIR EMOTIONS OPENLY AND HONESTLY WITHOUT FEAR OF INVALIDATION OR JUDGMENT.
- 8. THE RIGHT TO PRIVACY**
PEOPLE HAVE THE RIGHT TO PRIVACY IN THEIR THOUGHTS, FEELINGS, AND PERSONAL INFORMATION, WHICH SHOULD BE RESPECTED BY OTHERS.

OUR HUMAN NEEDS

DBT RECOGNIZES THAT MEETING THESE NEEDS IS ESSENTIAL FOR MAINTAINING HEALTHY AND FULFILLING CONNECTIONS WITH OTHERS. THERE ARE FOUR CORE HUMAN NEEDS IN DBT INTERPERSONAL EFFECTIVENESS:



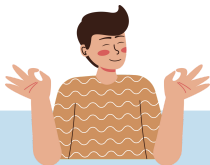
BELONGING AND CONNECTION

- THE NEED FOR A SENSE OF BELONGING AND CONNECTION WITH OTHERS IS FUNDAMENTAL TO HUMAN WELL-BEING.
- IT INVOLVES FORMING POSITIVE AND SUPPORTIVE RELATIONSHIPS, FEELING UNDERSTOOD, AND BEING PART OF A COMMUNITY OR SOCIAL NETWORK.



RESPECT AND DIGNITY

- EVERYONE HAS A FUNDAMENTAL NEED TO BE TREATED WITH RESPECT AND DIGNITY.
- THIS INVOLVES BEING VALUED, HEARD, AND ACKNOWLEDGED AS A PERSON OF WORTH, REGARDLESS OF INDIVIDUAL DIFFERENCES OR CHALLENGES.



AUTONOMY AND INDIVIDUALITY

- THE NEED FOR AUTONOMY AND INDIVIDUALITY REFERS TO HAVING A SENSE OF INDEPENDENCE AND BEING ABLE TO EXPRESS ONE'S OWN THOUGHTS, FEELINGS, AND PREFERENCES.
- IT INCLUDES THE RIGHT TO MAKE CHOICES AND DECISIONS THAT ALIGN WITH PERSONAL VALUES AND BELIEFS.



EMOTIONAL SUPPORT AND VALIDATION

- HUMAN BEINGS NEED EMOTIONAL SUPPORT, EMPATHY, AND VALIDATION IN THEIR RELATIONSHIPS.
- FEELING UNDERSTOOD AND EMOTIONALLY SUPPORTED BY OTHERS IS VITAL FOR MENTAL AND EMOTIONAL WELL-BEING.

RECOGNIZING HUMAN NEEDS

1. PHYSICAL NEEDS

IDENTIFY ESSENTIAL PHYSICAL NEEDS FOR YOUR WELL-BEING (E.G., SLEEP, NUTRITION, EXERCISE).

HOW DO THESE NEEDS INFLUENCE YOUR ABILITY TO ENGAGE IN INTERPERSONAL INTERACTIONS?

2. EMOTIONAL NEEDS

LIST EMOTIONS YOU COMMONLY EXPERIENCE AND THEIR ASSOCIATED NEEDS (E.G., LOVE, VALIDATION, EMPATHY).

HOW DO UNMET EMOTIONAL NEEDS AFFECT YOUR INTERACTIONS WITH OTHERS?

3. SOCIAL NEEDS

IDENTIFY THE DESIRE FOR SOCIAL CONNECTION, BELONGING, AND SUPPORTIVE RELATIONSHIPS.

HOW DO FULFILLING SOCIAL NEEDS CONTRIBUTE TO YOUR OVERALL WELL-BEING?

4. SAFETY NEEDS

IDENTIFY SAFETY AND SECURITY NEEDS IN RELATIONSHIPS (E.G., TRUST, PREDICTABILITY).

HOW DO FEELINGS OF SAFETY OR LACK THEREOF INFLUENCE YOUR COMMUNICATION?

5. GROWTH NEEDS

IDENTIFY AREAS OF PERSONAL GROWTH AND DEVELOPMENT THAT ARE ESSENTIAL TO YOU.

HOW CAN EMBRACING GROWTH NEEDS POSITIVELY AFFECT YOUR RELATIONSHIPS?

6. MEANINGFUL CONNECTION

HOW DOES CREATING MEANINGFUL CONNECTIONS FULFILL YOUR HUMAN NEEDS?

VALUES ASSESSMENT

USE THIS ASSESSMENT TO HELP YOU FIGURE OUT WHICH VALUE TYPES ARE MOST IMPORTANT TO YOU. DESCRIBE HOW YOUR ACTIONS WILL REFLECT THESE VALUES AND WHAT YOU WANT FROM EACH VALUE TYPE. RECORD THE IMPORTANCE OF EACH VALUE TYPE ON A SCALE OF 1-10 WHERE 10 IS THE HIGHEST.

VALUE TYPE	IMPORTANCE (1-10)	WHAT WOULD YOU DO TO LIVE IN ALIGNMENT WITH THIS VALUE TYPE? WHAT DO YOU WANT?
FAMILY		
ROMANTIC/INTIMATE RELATIONSHIPS		
PARENTING		
FRIENDSHIPS		
CAREER/FINANCIAL		
EDUCATION/ PERSONAL GROWTH		
FUN/LEISURE		
RELIGION/ SPIRITUALITY		
ENVIRONMENT/ COMMUNITY		
HEALTH/PHYSICAL WELL-BEING		

LEVELS OF VALIDATION

VALIDATION IS A KEY COMPONENT OF EFFECTIVE COMMUNICATION AND BUILDING HEALTHY RELATIONSHIPS.

1. BEING PRESENT

THIS LEVEL INVOLVES BEING PHYSICALLY PRESENT AND ATTENTIVE DURING INTERACTIONS. SIMPLY SHOWING UP AND GIVING YOUR FULL ATTENTION TO THE OTHER PERSON IS A FORM OF VALIDATION.

2. ACCURATE REFLECTION

ACCURATE REFLECTION IS WHEN YOU MIRROR BACK THE OTHER PERSON'S WORDS OR EMOTIONS IN A WAY THAT SHOWS YOU UNDERSTAND WHAT THEY ARE EXPERIENCING. IT DEMONSTRATES THAT YOU ARE LISTENING AND VALIDATING THEIR FEELINGS.

3. UNDERSTANDING THE EMOTION

AT THIS LEVEL, YOU NOT ONLY ACCURATELY REFLECT THE PERSON'S WORDS BUT ALSO CONVEY AN UNDERSTANDING OF THE UNDERLYING EMOTIONS THEY ARE EXPERIENCING. YOU SHOW EMPATHY AND ACKNOWLEDGE THEIR FEELINGS.

4. VALIDATING THE VALID

VALIDATING THE VALID IS ABOUT ACKNOWLEDGING THE PERSON'S EMOTIONS AND EXPERIENCES AS LEGITIMATE, EVEN IF YOU MAY NOT NECESSARILY AGREE WITH THEIR VIEWPOINT. YOU RESPECT THEIR PERSPECTIVE AND FEELINGS.

5. RADICAL GENUINENESS

RADICAL GENUINENESS IS WHEN YOU SHARE YOUR HONEST FEELINGS AND REACTIONS WITH THE OTHER PERSON, EVEN IF IT MIGHT BE DIFFERENT FROM WHAT THEY EXPECT OR WANT TO HEAR. IT IS ABOUT BEING AUTHENTIC AND TRUE TO YOURSELF.

6. NORMALIZING OR RADICAL VALIDATION

AT THIS HIGHEST LEVEL, YOU NOT ONLY VALIDATE THE OTHER PERSON'S EMOTIONS BUT ALSO ACKNOWLEDGE THAT THEIR REACTIONS ARE UNDERSTANDABLE AND REASONABLE GIVEN THE CONTEXT OR CIRCUMSTANCES. YOU LET THEM KNOW THAT THEIR FEELINGS MAKE SENSE, GIVEN THEIR EXPERIENCES.

SELF-VALIDATION

IT INVOLVES RECOGNIZING AND ACCEPTING ONE'S OWN EMOTIONS, THOUGHTS, AND EXPERIENCES AS VALID AND LEGITIMATE.

PRACTICING SELF-VALIDATION CAN ENHANCE SELF-ESTEEM, EMOTIONAL REGULATION, AND OVERALL WELL-BEING. HERE ARE THE FIVE STEPS OF SELF-VALIDATION IN DBT INTERPERSONAL EFFECTIVENESS:

1. IDENTIFY YOUR EMOTIONS

THE FIRST STEP IN SELF-VALIDATION IS TO IDENTIFY AND ACKNOWLEDGE YOUR EMOTIONS. TAKE A MOMENT TO RECOGNIZE WHAT YOU ARE FEELING WITHOUT JUDGMENT. NAME THE EMOTIONS YOU ARE EXPERIENCING, WHETHER THEY ARE POSITIVE, NEGATIVE, OR NEUTRAL.

2. ACCEPT YOUR EMOTIONS

ONCE YOU HAVE IDENTIFIED YOUR EMOTIONS, PRACTICE ACCEPTING THEM WITHOUT TRYING TO SUPPRESS OR JUDGE THEM. UNDERSTAND THAT EMOTIONS ARE A NATURAL PART OF BEING HUMAN AND THAT IT IS OKAY TO FEEL A RANGE OF EMOTIONS, INCLUDING THE CHALLENGING ONES.

3. NORMALIZE YOUR EMOTIONS

REMINDE YOURSELF THAT YOUR EMOTIONS ARE VALID AND UNDERSTANDABLE GIVEN THE CONTEXT OR SITUATION YOU ARE FACING. IT IS COMMON TO HAVE EMOTIONAL REACTIONS TO DIFFERENT LIFE EVENTS, AND IT IS OKAY TO FEEL THE WAY YOU DO.

4. PRACTICE SELF-COMPASSION

BE KIND AND COMPASSIONATE TOWARDS YOURSELF. TREAT YOURSELF AS YOU WOULD TREAT A FRIEND WHO IS GOING THROUGH A DIFFICULT TIME. AVOID SELF-CRITICISM AND INSTEAD, OFFER UNDERSTANDING AND SUPPORT TO YOURSELF.

5. VALIDATE YOUR EXPERIENCE

VALIDATE YOUR OWN THOUGHTS, OPINIONS, AND EXPERIENCES AS VALID AND MEANINGFUL. ACKNOWLEDGE THAT YOUR PERSPECTIVE MATTERS AND THAT YOUR FEELINGS ARE SIGNIFICANT. TRUST YOURSELF AND YOUR INTUITION.

FEELINGS AND UNMET NEEDS

I FEEL	EMOTIONS	NEEDS
HAPPY	JOY, CONTENTMENT	CONNECTION, BELONGING, ENJOYMENT
ANXIOUS	FEAR, APPREHENSION	REASSURANCE, COMFORT, SAFETY
ANGRY	FRUSTRATION, IRRITATION, RAGE	UNDERSTANDING, RESPECT, RESOLUTION
SAD	GRIEF, MELANCHOLY, DESPAIR	SUPPORT, EMPATHY, VALIDATION
EXCITED	ENTHUSIASM, EAGER, THRILLED	VALIDATION, ENCOURAGEMENT, CELEBRATION
CONFIDENT	SELF-ASSURED, ASSERTIVE, CAPABLE	VALIDATION, ACKNOWLEDGMENT, SUCCESS
RELIEVED	GRATEFUL, THANKFUL	CLOSURE, REASSURANCE, SUPPORT
SCARED	FRIGHTENED, TERRIFIED	SAFETY, REASSURANCE, COMFORT
GUILTY	REMORSEFUL, REGRETFUL	FORGIVENESS, UNDERSTANDING, EMPATHY
DISGUSTED	REPULSED, REVULSION	BOUNDARIES, RESPECT, SELF-CARE
HOPEFUL	OPTIMISTIC, ENCOURAGED	SUPPORT, POSITIVITY, MOTIVATION
OVERWHELMED	STRESSED, BURDENED, FLOODED	SUPPORT, VALIDATION, COPING
GRATEFUL	THANKFUL, APPRECIATIVE	RECOGNITION, ACKNOWLEDGMENT, SUPPORT

FEELINGS AND UNMET NEEDS

I FEEL	EMOTIONS	NEEDS
NERVOUS	UNEASY, JITTERY	REASSURANCE, COMFORT, VALIDATION
ASHAMED	EMBARRASSED, HUMILIATED	UNDERSTANDING, ACCEPTANCE, SUPPORT
CURIOUS	INQUISITIVE, INTERESTED	KNOWLEDGE, EXPLORATION, UNDERSTANDING
FRUSTRATED	IRRITATED, ANNOYED	RESPECT, UNDERSTANDING, RESOLUTION
LOVED	AFFECTIONATE, CHERISHED	CONNECTION, VALIDATION, AFFIRMATION
EMBARRASSED	SELF-CONSCIOUS, BLUSHING	UNDERSTANDING, ACCEPTANCE, SUPPORT
RELAXED	CALM, SERENE	COMFORT, PEACE, SOLITUDE
OPTIMISTIC	POSITIVE, HOPEFUL	ENCOURAGEMENT, SUPPORT, POSITIVITY
INDIFFERENT	APATHETIC, DETACHED	SPACE, AUTONOMY, SELF-CARE
INSECURE	UNSURE, DOUBTFUL	REASSURANCE, VALIDATION, SUPPORT
MOTIVATED	DRIVEN, AMBITIOUS	ENCOURAGEMENT, SUPPORT, PURPOSE
RESENTFUL	BITTER, ENVIOUS	EMPATHY, UNDERSTANDING, RESOLUTION
JEALOUS	ENVIOUS, COVETOUS	TRUST, SECURITY, SELF-ASSURANCE

FEELINGS AND UNMET NEEDS

I FEEL	EMOTIONS	NEEDS
DISAPPOINTED	LET DOWN, DISSATISFIED	EMPATHY, SUPPORT, RESOLUTION
CONTENT	SATISFIED, FULFILLED	SATISFACTION, ACCEPTANCE, PEACE
OVERJOYED	ECSTATIC, ELATED	CELEBRATION, JOY, VALIDATION
FRUSTRATED	IRRITATED, ANNOYED	RESPECT, UNDERSTANDING, RESOLUTION
HURT	WOUNDED, INJURED	EMPATHY, COMFORT, VALIDATION
ANNOYED	IRRITATED, BOTHERED	BOUNDARIES, RESPECT, UNDERSTANDING
HOPELESS	DESPAIRING, DEFEATED	SUPPORT, EMPATHY, ENCOURAGEMENT
BORED	UNINTERESTED, UNENGAGED	STIMULATION, INTEREST, CONNECTION
INDIFFERENT	APATHETIC, DETACHED	SPACE, AUTONOMY, SELF-CARE
APPREHENSIVE	UNEASY, WARY	REASSURANCE, VALIDATION, COMFORT
CONFUSED	PERPLEXED, BEWILDERED	CLARITY, EXPLANATION, UNDERSTANDING
DEFENSIVE	GUARDED, PROTECTIVE	EMPATHY, RESPECT, COMMUNICATION
ENERGIZED	VITALIZED, ENTHUSIASTIC	MOTIVATION, STIMULATION, EXCITEMENT

FEELINGS AND UNMET NEEDS

I FEEL	EMOTIONS	NEEDS
VULNERABLE	EXPOSED, DEFENSELESS	EMPATHY, SUPPORT, TRUST
SURPRISED	ASTONISHED, STUNNED	ACKNOWLEDGMENT, UNDERSTANDING, CURIOSITY
DISCONNECTED	ALIENATED, ISOLATED	CONNECTION, INCLUSION, UNDERSTANDING
IRRITATED	AGITATED, ANNOYED	PATIENCE, RESPECT, UNDERSTANDING
APATHETIC	INDIFFERENT, UNINTERESTED	INTEREST, ENGAGEMENT, STIMULATION
SATISFIED	CONTENT, PLEASED	FULFILLMENT, COMFORT, SATISFACTION
SCORNFUL	DISDAINFUL, CONTEMPTUOUS	RESPECT, ACCEPTANCE, TOLERANCE
DEMOTIVATED	UNINSPIRED, DISCOURAGED	ENCOURAGEMENT, SUPPORT, MOTIVATION
AFRAID	TERRIFIED, ALARMED	REASSURANCE, COMFORT, SAFETY
DISAPPOINTED	LET DOWN, UNSATISFIED	EMPATHY, UNDERSTANDING, RESOLUTION
FOCUSED	ATTENTIVE, CONCENTRATED	CLARITY, CONCENTRATION, DIRECTION
ENTHUSIASTIC	EAGER, EXCITED	VALIDATION, ENCOURAGEMENT, MOTIVATION
EMBOLDENED	CONFIDENT, COURAGEOUS	VALIDATION, ENCOURAGEMENT, EMPOWERMENT

EXPLORING UNMET NEEDS

I FEEL	EMOTIONS	NEEDS
DELIGHTED	JOYFUL, THRILLED	CELEBRATION, VALIDATION, HAPPINESS

D.E.A.R M.A.N

AN ACRONYM THAT REPRESENTS A COMMUNICATION SKILL USED TO EXPRESS NEEDS, SET BOUNDARIES, AND NEGOTIATE EFFECTIVELY IN INTERPERSONAL INTERACTIONS.

EACH LETTER IN DEARMAN STANDS FOR A SPECIFIC COMPONENT OF THIS SKILL:

D

DESCRIBE: START BY OBJECTIVELY DESCRIBING THE SITUATION OR ISSUE AT HAND.

E

EXPRESS: EXPRESS YOUR FEELINGS AND EMOTIONS ABOUT THE SITUATION USING "I" STATEMENTS.

A

ASSERT: ASSERTIVELY COMMUNICATE YOUR NEEDS, DESIRES, OR BOUNDARIES.

R

REINFORCE: HIGHLIGHT THE BENEFITS OF MEETING YOUR NEEDS OR RESPECTING YOUR BOUNDARIES.

M

MINDFUL: BE MINDFUL AND FOCUSED ON EFFECTIVE COMMUNICATION.

A

APPEAR CONFIDENT: APPEAR CONFIDENT THROUGH YOUR TONE OF VOICE, BODY LANGUAGE

N

NEGOTIATE: BE OPEN TO COMPROMISE AND MEETING BOTH PARTIES' NEEDS.

D.E.A.R M.A.N WORKSHEET

THE PURPOSE OF THIS WORKSHEET IS TO PRACTICE THE DEAR MAN COMMUNICATION STRATEGY TO EFFECTIVELY EXPRESS YOUR NEEDS, MAKE REQUESTS, OR SET BOUNDARIES IN A CLEAR AND ASSERTIVE MANNER.

INSTRUCTIONS:

- IDENTIFY THE SPECIFIC SITUATION OR INTERACTION WHERE YOU WANT TO USE DEAR MAN.
- COMPLETE EACH SECTION OF THE DEAR MAN WORKSHEET WITH RELEVANT INFORMATION.
- USE THIS WORKSHEET AS A GUIDE TO PREPARE FOR THE CONVERSATION OR INTERACTION.
- PRACTICE USING DEAR MAN DURING THE ACTUAL INTERACTION.

SITUATION: _____

DEAR MAN COMPONENTS:

D DESCRIBE: DESCRIBE THE SITUATION OBJECTIVELY, USING SPECIFIC FACTS AND OBSERVATIONS.

WHEN: _____

WHERE: _____

WHO: _____

WHAT: _____

E EXPRESS: EXPRESS YOUR FEELINGS OR THOUGHTS ABOUT THE SITUATION. USE "I" STATEMENTS TO CONVEY YOUR EMOTIONS CLEARLY.

I FEEL: _____

BECAUSE: _____

I NEED/WANT: _____

A ASSERT: MAKE YOUR REQUEST OR ASSERT YOUR NEEDS CLEARLY AND DIRECTLY. BE SPECIFIC ABOUT WHAT YOU ARE ASKING FOR.

I AM ASKING FOR: _____

I WOULD LIKE: _____

R REINFORCE: EXPLAIN THE BENEFITS OR POSITIVE OUTCOMES OF MEETING YOUR REQUEST. EMPHASIZE HOW IT WILL BE MUTUALLY BENEFICIAL.

THIS WILL BENEFIT BOTH OF US BY: _____

IT WOULD HELP IF: _____

M BE MINDFUL: STAY FOCUSED ON YOUR OBJECTIVES DURING THE CONVERSATION. AVOID GETTING OFF-TRACK OR SIDETRACKED BY EMOTIONS.

MY MAIN GOAL IS: _____

I WILL STAY FOCUSED ON: _____

A APPEAR CONFIDENT: USE ASSERTIVE BODY LANGUAGE AND TONE OF VOICE TO CONVEY CONFIDENCE IN YOUR REQUEST.

I WILL MAINTAIN EYE CONTACT AND SPEAK CLEARLY: _____

MY BODY LANGUAGE WILL BE: _____

N NEGOTIATE: BE OPEN TO FINDING A COMPROMISE THAT WORKS FOR BOTH PARTIES. BE WILLING TO LISTEN TO THE OTHER PERSON'S PERSPECTIVE.

I AM OPEN TO DISCUSSING ALTERNATIVES: _____

LET'S FIND A SOLUTION THAT WORKS FOR BOTH OF US: _____

• ADDITIONAL NOTES OR PREPARATION: _____

PRACTICE THE DEAR MAN COMMUNICATION STRATEGY SEVERAL TIMES BEFORE THE ACTUAL CONVERSATION TO BUILD CONFIDENCE AND CLARITY. REMEMBER TO BE RESPECTFUL AND EMPATHETIC IN YOUR INTERACTIONS, PROMOTING EFFECTIVE COMMUNICATION AND HEALTHIER RELATIONSHIPS.

REMEMBER, ASSERTIVENESS IS ABOUT EXPRESSING YOURSELF CONFIDENTLY AND RESPECTFULLY, NOT ABOUT FORCING YOUR NEEDS ON OTHERS. USE DEAR MAN AS A TOOL TO ENHANCE YOUR COMMUNICATION SKILLS AND CREATE MORE POSITIVE AND FULFILLING INTERACTIONS WITH OTHERS.

DBT F.A.S.T

IT PROVIDES A HELPFUL FRAMEWORK FOR INDIVIDUALS TO NAVIGATE SOCIAL INTERACTIONS AND ASSERT THEIR NEEDS WHILE PRESERVING THEIR SELF-WORTH.

F FAIR: TREATING ONESELF AND OTHERS IMPARTIALLY, CONSIDERING BOTH NEEDS IN A BALANCED WAY TO AVOID BEING OVERLY SELF-CENTERED OR ACCOMMODATING.

A APOLOGIES: NOT EXCESSIVELY APOLOGIZING OR APOLOGIZING WHEN YOU HAVEN'T DONE ANYTHING WRONG. APOLOGIZE GENUINELY FOR MISTAKES, BUT AVOID OVER-APOLOGIZING TO MAINTAIN SELF-RESPECT.

S STICK TO VALUES: STAY TRUE TO YOUR VALUES, PRESERVING SELF-RESPECT AND INTEGRITY WITHOUT COMPROMISING FOR APPROVAL OR AVOIDING CONFLICT.

T TRUTHFUL: COMMUNICATE YOUR THOUGHTS, FEELINGS, AND NEEDS TRUTHFULLY WITHOUT BEING DECEITFUL OR MISLEADING. BEING TRUTHFUL IN YOUR INTERACTIONS FOSTERS TRUST AND BUILDS HEALTHIER RELATIONSHIPS.

DBT G.I.V.E

IT PROVIDES A FRAMEWORK FOR INDIVIDUALS TO INTERACT WITH OTHERS IN A SKILLFUL AND CONSTRUCTIVE WAY. A TECHNIQUE USED TO MAINTAIN AND IMPROVE RELATIONSHIPS WITH OTHERS.

G

GENTLE: PRACTICING GENTLENESS MEANS COMMUNICATING KINDLY, AVOIDING AGGRESSION, AND FOSTERING A SUPPORTIVE ATMOSPHERE IN RELATIONSHIPS.

I

INTERESTED: BEING GENUINELY INTERESTED IN OTHERS DURING CONVERSATIONS SHOWS EMPATHY, ACTIVE LISTENING, AND STRENGTHENS CONNECTIONS IN EFFECTIVE COMMUNICATION.

V

VALIDATE: VALIDATING EMOTIONS INVOLVES ACKNOWLEDGING FEELINGS AS VALID AND FOSTERING EMPATHY FOR MORE OPEN COMMUNICATION.

E

EASY MANNER: MAINTAINING AN EASYGOING AND RELAXED MANNER PROMOTES A COMFORTABLE AND OPEN CONVERSATION WITHOUT UNNECESSARY TENSION OR CONFRONTATION.

ACTIVE LISTENING

ACTIVE LISTENING INVOLVES FULLY ENGAGING IN THE CONVERSATION, FOCUSING ON THE SPEAKER'S MESSAGE, NONVERBAL CUES, AND EMOTIONS FOR A DEEPER UNDERSTANDING.



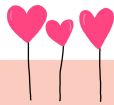
PAYING ATTENTION

- GIVING THE SPEAKER YOUR FULL ATTENTION AND AVOIDING DISTRACTIONS OR INTERRUPTIONS. MAINTAIN EYE CONTACT AND USE NONVERBAL CUES TO SHOW THAT YOU ARE ACTIVELY LISTENING.



WITHHOLDING JUDGMENT

- AVOIDING PREMATURE JUDGMENTS OR ASSUMPTIONS ABOUT THE SPEAKER'S THOUGHTS OR FEELINGS. REMAIN OPEN-MINDED AND RECEPTIVE TO THEIR PERSPECTIVE.



EMPATHIZING

- TRYING TO UNDERSTAND THE SPEAKER'S EMOTIONS AND EXPERIENCES FROM THEIR POINT OF VIEW. PUT YOURSELF IN THEIR SHOES TO GRASP THEIR FEELINGS AND CHALLENGES.



REFLECTING & CLARIFYING

- PARAPHRASING OR SUMMARIZING WHAT THE SPEAKER HAS SAID TO ENSURE THAT YOU UNDERSTOOD THEIR MESSAGE ACCURATELY. SEEK CLARIFICATION IF SOMETHING IS UNCLEAR.



VALIDATING EMOTIONS

- ACKNOWLEDGING AND VALIDATING THE SPEAKER'S EMOTIONS, EVEN IF YOU MAY NOT SHARE THE SAME FEELINGS. THIS DEMONSTRATES EMPATHY AND SUPPORT.



BEING PATIENT

- ALLOWING THE SPEAKER TO EXPRESS THEMSELVES FULLY WITHOUT INTERRUPTING OR RUSHING THE CONVERSATION. GIVE THEM TIME TO ARTICULATE THEIR THOUGHTS AND FEELINGS.

HOW TO ACTIVELY LISTEN

1. EYES AND EARS OPEN

BE A DETECTIVE LIKE SHERLOCK HOLMES, WITH OPEN EYES AND EARS, OBSERVING THE SPEAKER'S WORDS, TONE, AND BODY LANGUAGE FOR CLUES ABOUT THEIR THOUGHTS AND FEELINGS.

2. PUT ON THE SPEAKER'S SHOES

ACT LIKE AN ACTOR, STEPPING INTO THE SPEAKER'S SHOES, FEELING THEIR EMOTIONS, AND SHOWING EMPATHY TO TRULY UNDERSTAND THEIR EXPERIENCES.

3. MIRROR, MIRROR

IMAGINE YOU HAVE A MAGIC MIRROR THAT CAN SHOW YOU THE SPEAKER'S FEELINGS IN REAL-TIME. REFLECT THEIR WORDS AND EMOTIONS BACK TO THEM, JUST LIKE A FRIENDLY ECHO. THIS SHOWS THEM THAT YOU'RE PAYING ATTENTION AND VALIDATES THEIR FEELINGS.

4. ASK FOR CLARITY

BECOME A CURIOUS EXPLORER IN A FOREIGN LAND, ASKING QUESTIONS LIKE AN ADVENTURER TO SEEK ANSWERS AND ENSURE UNDERSTANDING, MAKING THE SPEAKER FEEL HEARD.

5. PATIENCE PAYS OFF

BE A PATIENT GARDENER, ALLOWING THE SPEAKER TO EXPRESS THEMSELVES LIKE A BLOSSOMING FLOWER. AVOID INTERRUPTIONS, LETTING THEIR THOUGHTS UNFOLD NATURALLY, MAKING THEM FEEL RESPECTED AND VALUED.

6. EMOTION DETECTIVE

BE AN EMOTION DETECTIVE, UNCOVERING HIDDEN FEELINGS LIKE A SECRET AGENT SOLVING A MYSTERY. WHEN YOU SPOT STRONG EMOTIONS, VALIDATE AND SHOW EMPATHY.

BODY LANGUAGE FOR LISTENING

MAINTAIN EYE CONTACT.

USE NODDING AND NONVERBAL CUES.

KEEP AN OPEN POSTURE.

AVOID CROSSING ARMS OR LEGS.

LEAN FORWARD TO SHOW ATTENTIVENESS.

MINIMIZE FIDGETING OR DISTRACTING MOVEMENTS.

MIRROR THE SPEAKER'S BODY LANGUAGE.

USE APPROPRIATE FACIAL EXPRESSIONS FOR EMPATHY.

COMMUNICATION STYLES

1.

PASSIVE COMMUNICATION STYLE

PASSIVE COMMUNICATORS AVOID EXPRESSING NEEDS AND OPINIONS, YIELDING TO OTHERS, LEADING TO FRUSTRATION OR RESENTMENT.

EXAMPLE:

- SOMEONE ASKS YOU TO HELP WITH A TASK YOU DON'T WANT TO DO, AND YOU AGREE EVEN THOUGH YOU HAVE OTHER PRIORITIES.
- YOUR FRIEND REPEATEDLY CANCELS PLANS, BUT YOU DON'T SPEAK UP ABOUT HOW IT MAKES YOU FEEL, CAUSING YOU TO FEEL IGNORED.
- YOUR COWORKER TAKES CREDIT FOR YOUR IDEA IN A MEETING, BUT YOU REMAIN SILENT, FEELING DISRESPECTED.

2.

AGGRESSIVE COMMUNICATION STYLE

AGGRESSIVE COMMUNICATORS EXPRESS NEEDS FORCEFULLY WITHOUT CONSIDERING OTHERS' FEELINGS, LEADING TO CONFLICT AND STRAINED RELATIONSHIPS.

EXAMPLE:

- DURING AN ARGUMENT, YOU RAISE YOUR VOICE AND INSULT THE OTHER PERSON, CAUSING THEM TO FEEL ATTACKED.
- IN A DISAGREEMENT WITH A COWORKER, YOU USE SARCASM AND HARSH LANGUAGE TO BELITTLE THEIR IDEAS, MAKING THEM FEEL HURT AND DISRESPECTED.
- YOU CRITICIZE A FRIEND OPENLY IN FRONT OF OTHERS FOR A MISTAKE THEY MADE, CAUSING THEM EMBARRASSMENT AND RESENTMENT.

3.

ASSERTIVE COMMUNICATION STYLE

ASSERTIVE COMMUNICATORS EXPRESS NEEDS CLEARLY, RESPECT OTHERS' OPINIONS, SET BOUNDARIES EFFECTIVELY, AND SEEK COLLABORATIVE SOLUTIONS.

EXAMPLE:

- POLITELY DECLINE AN INVITATION TO A SOCIAL EVENT THAT DOESN'T ALIGN WITH YOUR INTERESTS OR SCHEDULE.
- CALMLY EXPRESS TO YOUR FRIEND THAT YOU FEEL HURT WHEN THEY CANCEL PLANS FREQUENTLY AND SUGGEST FINDING A WAY TO ADDRESS THE ISSUE TOGETHER.
- IN A MEETING, ASSERTIVELY EXPLAIN THAT THE IDEA YOUR COWORKER PRESENTED WAS SIMILAR TO YOURS, AND THAT YOU'D APPRECIATE PROPER RECOGNITION.

NONVIOLENT COMMUNICATION

FOCUSES ON EMPATHETIC AND COMPASSIONATE COMMUNICATION TO FOSTER UNDERSTANDING AND CONNECTION BETWEEN INDIVIDUALS. IT AIMS TO RESOLVE CONFLICTS AND BUILD HARMONY WITHOUT RESORTING TO VIOLENCE OR AGGRESSION.

1. OBSERVATION

FOCUS ON OBJECTIVE OBSERVATIONS OF THE SITUATION WITHOUT JUDGMENT OR EVALUATION. DESCRIBE THE SPECIFIC ACTIONS OR BEHAVIORS THAT ARE AFFECTING THE SITUATION.

2. FEELINGS

EXPRESS EMOTIONS RELATED TO THE OBSERVATION. USE "I" STATEMENTS TO IDENTIFY AND COMMUNICATE YOUR EMOTIONS WITHOUT BLAMING OR CRITICIZING OTHERS.

3. NEEDS

IDENTIFY AND COMMUNICATE YOUR UNDERLYING NEEDS OR VALUES THAT ARE CONTRIBUTING TO YOUR FEELINGS. NVC RECOGNIZES THAT OUR EMOTIONS ARE CLOSELY TIED TO OUR UNMET NEEDS.

4. REQUESTS

CLEARLY AND POSITIVELY STATE WHAT ACTIONS OR CHANGES WOULD HELP MEET YOUR NEEDS OR IMPROVE THE SITUATION. MAKE REQUESTS RATHER THAN DEMANDS OR THREATS.

DEFENCE MECHANISMS

DEFENSE MECHANISMS ARE COPING STRATEGIES THAT INDIVIDUALS UNCONSCIOUSLY USE TO PROTECT THEMSELVES FROM EMOTIONAL PAIN, ANXIETY, OR DISTRESS.

1. PROJECTION

ATTRIBUTING ONE'S OWN FEELINGS, THOUGHTS, OR BEHAVIORS TO SOMEONE ELSE. FOR EXAMPLE, PROJECTING FEELINGS OF INSECURITY ONTO OTHERS BY ASSUMING THEY ARE JUDGING OR CRITICIZING YOU.

2. DENIAL

REFUSING TO ACKNOWLEDGE OR ACCEPT UNCOMFORTABLE OR DISTRESSING TRUTHS. FOR INSTANCE, DENYING THAT A PROBLEM EXISTS IN A RELATIONSHIP DESPITE OBVIOUS SIGNS OF TROUBLE.

3. AVOIDANCE

EVADING OR STEERING AWAY FROM SITUATIONS, EMOTIONS, OR CONVERSATIONS THAT TRIGGER ANXIETY OR DISCOMFORT. AVOIDANCE MAY PREVENT ADDRESSING IMPORTANT ISSUES IN RELATIONSHIPS.

4. RATIONALIZATION

CREATING LOGICAL-SOUNDING EXPLANATIONS OR JUSTIFICATIONS FOR BEHAVIOR TO AVOID ACKNOWLEDGING UNDERLYING EMOTIONAL REASONS. FOR INSTANCE, RATIONALIZING A MISTAKE AS "NOT THAT IMPORTANT" TO PROTECT SELF-ESTEEM.

5. SPLITTING

VIEWING PEOPLE OR SITUATIONS IN EXTREME, ALL-OR-NOTHING TERMS, SEEING OTHERS AS EITHER ALL GOOD OR ALL BAD. SPLITTING CAN LEAD TO VOLATILE AND UNSTABLE RELATIONSHIPS.

6. REPRESSION

PUSHING DISTRESSING OR PAINFUL THOUGHTS AND EMOTIONS INTO THE UNCONSCIOUS MIND, MAKING THEM INACCESSIBLE TO CONSCIOUS AWARENESS. REPRESSED EMOTIONS CAN IMPACT COMMUNICATION AND CAUSE UNRESOLVED CONFLICTS.

7. REACTION FORMATION

DISPLAYING BEHAVIOR OPPOSITE TO ONE'S TRUE FEELINGS OR DESIRES. FOR EXAMPLE, BEING EXCESSIVELY FRIENDLY AND ACCOMMODATING TO SOMEONE YOU ACTUALLY DISLIKE.

THE 4 HORSEMEN

REFER TO PROBLEMATIC COMMUNICATION PATTERNS THAT CAN SIGNIFICANTLY DISRUPT RELATIONSHIPS AND HINDER EFFECTIVE INTERPERSONAL INTERACTIONS.

THESE FOUR HORSEMEN WERE ORIGINALLY IDENTIFIED BY RELATIONSHIP RESEARCHER DR. JOHN GOTTMAN ARE:

1. CRITICISM

THIS INVOLVES MAKING PERSONAL ATTACKS OR NEGATIVE JUDGMENTS ABOUT THE OTHER PERSON'S CHARACTER, BEHAVIOR, OR PERSONALITY. CRITICIZING THE PERSON INSTEAD OF ADDRESSING SPECIFIC BEHAVIORS CAN LEAD TO DEFENSIVENESS AND RESENTMENT.

2. DEFENSIVENESS

DEFENSIVENESS OCCURS WHEN SOMEONE REACTS TO PERCEIVED CRITICISM BY DENYING RESPONSIBILITY, MAKING EXCUSES, OR COUNTERATTACKING. BEING DEFENSIVE CAN ESCALATE CONFLICTS AND PREVENT CONSTRUCTIVE PROBLEM-SOLVING.

3. CONTEMPT

CONTEMPT IS CHARACTERIZED BY FEELINGS OF SUPERIORITY OR DISRESPECT TOWARDS THE OTHER PERSON. IT OFTEN INVOLVES MOCKERY, SARCASM, OR HOSTILE BEHAVIOR, AND IT IS A SIGNIFICANT PREDICTOR OF RELATIONSHIP DISSATISFACTION AND BREAKDOWN.

4. STONEWALLING

STONEWALLING HAPPENS WHEN ONE PERSON WITHDRAWS FROM THE CONVERSATION OR INTERACTION, SHUTTING DOWN EMOTIONALLY AND REFUSING TO ENGAGE FURTHER. IT CAN LEAVE THE OTHER PERSON FEELING IGNORED OR UNIMPORTANT.

INTRO TO BOUNDARIES

SETTING AND MAINTAINING HEALTHY BOUNDARIES IS A CRUCIAL ASPECT OF FOSTERING POSITIVE AND FULFILLING RELATIONSHIPS. BOUNDARIES REFER TO THE LIMITS AND GUIDELINES WE ESTABLISH TO PROTECT OUR PHYSICAL, EMOTIONAL, AND PSYCHOLOGICAL WELL-BEING WHILE RESPECTING THE NEEDS AND RIGHTS OF OTHERS.

LEARNING TO SET AND MAINTAIN BOUNDARIES IS AN ESSENTIAL SKILL IN DBT, AS IT EMPOWERS INDIVIDUALS TO:

- CLEARLY COMMUNICATE THEIR LIMITS AND EXPECTATIONS IN RELATIONSHIPS.
- RECOGNIZE AND ADDRESS UNHEALTHY OR MANIPULATIVE BEHAVIORS FROM OTHERS.
- THE BALANCE BETWEEN BEING CONSIDERATE OF OTHERS' NEEDS AND ADVOCATING FOR THEIR OWN.
- ENHANCE SELF-ESTEEM AND EMOTIONAL REGULATION BY VALUING AND PROTECTING THEIR BOUNDARIES.

BY DEVELOPING STRONG AND HEALTHY BOUNDARIES, INDIVIDUALS CAN CULTIVATE MORE MEANINGFUL AND RESPECTFUL CONNECTIONS WITH OTHERS, LEADING TO INCREASED OVERALL WELL-BEING AND SATISFACTION IN THEIR INTERPERSONAL RELATIONSHIPS.

SETTING BOUNDARIES

IDENTIFYING YOUR BOUNDARIES

1. REFLECT ON YOUR VALUES AND PERSONAL NEEDS. WHAT ARE THE THINGS THAT ARE ESSENTIAL FOR YOUR WELL-BEING AND HAPPINESS IN DIFFERENT AREAS OF YOUR LIFE (E.G., RELATIONSHIPS, WORK, PERSONAL TIME)?

2. THINK ABOUT PAST SITUATIONS WHERE YOU FELT UNCOMFORTABLE OR TAKEN ADVANTAGE OF. WHAT WERE THE INSTANCES WHERE YOUR BOUNDARIES WERE CROSSED?

3. LIST THE AREAS IN YOUR LIFE WHERE YOU NEED TO SET OR REINFORCE BOUNDARIES TO IMPROVE YOUR OVERALL WELL-BEING AND SELF-RESPECT.

UNDERSTANDING YOUR LIMITS

1. DEFINE YOUR EMOTIONAL AND PHYSICAL LIMITS. WHAT ARE THE ACTIONS OR BEHAVIORS THAT YOU FIND UNACCEPTABLE OR DRAINING?

2. ASSESS YOUR EMOTIONAL CAPACITY TO HANDLE CERTAIN SITUATIONS. HOW MUCH EMOTIONAL SUPPORT OR DEMANDS CAN YOU HANDLE WITHOUT FEELING OVERLY STRESSED?

COMMUNICATING ASSERTIVELY

1. PRACTICE ASSERTIVE COMMUNICATION TECHNIQUES TO EXPRESS YOUR BOUNDARIES CLEARLY AND RESPECTFULLY.
2. ROLE-PLAY SETTING BOUNDARIES WITH A TRUSTED FRIEND OR THERAPIST TO BUILD CONFIDENCE.
3. USE "I" STATEMENTS TO EXPRESS YOUR FEELINGS AND NEEDS WITHOUT BLAMING OR CRITICIZING OTHERS.

REINFORCING YOUR BOUNDARIES

1. BE CONSISTENT IN ENFORCING YOUR BOUNDARIES. DO NOT WAIVER FROM WHAT YOU CONSIDER ESSENTIAL FOR YOUR WELL-BEING.
2. USE POSITIVE REINFORCEMENT FOR YOURSELF WHEN YOU SUCCESSFULLY MAINTAIN BOUNDARIES.
3. BE PREPARED FOR POTENTIAL PUSHBACK FROM OTHERS, AND STAY FIRM IN MAINTAINING YOUR BOUNDARIES.

RESPECTING OTHERS' BOUNDARIES

1. REMEMBER THAT SETTING BOUNDARIES IS A TWO-WAY STREET. RESPECT THE BOUNDARIES OF OTHERS AS YOU EXPECT THEM TO RESPECT YOURS.
2. PRACTICE ACTIVE LISTENING TO UNDERSTAND AND ACKNOWLEDGE THE BOUNDARIES EXPRESSED BY OTHERS.
3. BE MINDFUL OF YOUR OWN BEHAVIOR AND ENSURE YOU'RE NOT INADVERTENTLY CROSSING SOMEONE ELSE'S BOUNDARIES.

REFLECT AND ADJUST

1. REGULARLY REFLECT ON YOUR BOUNDARY-SETTING PROGRESS. HAVE THERE BEEN IMPROVEMENTS IN YOUR RELATIONSHIPS AND OVERALL WELL-BEING?
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2. ADJUST YOUR BOUNDARIES AS NEEDED BASED ON NEW EXPERIENCES AND PERSONAL GROWTH.

3. SEEK SUPPORT FROM A THERAPIST OR SUPPORT GROUP IF YOU ENCOUNTER CHALLENGES IN MAINTAINING BOUNDARIES.

CELEBRATE YOUR GROWTH

1. CELEBRATE YOUR SUCCESSES IN SETTING AND MAINTAINING BOUNDARIES.

2. ACKNOWLEDGE THE POSITIVE IMPACT OF HEALTHY BOUNDARIES ON YOUR RELATIONSHIPS AND PERSONAL LIFE.

3. BE COMPASSIONATE WITH YOURSELF IF YOU ENCOUNTER SETBACKS, AS BOUNDARY-SETTING IS A LEARNING PROCESS.

REMEMBER THAT SETTING AND MAINTAINING HEALTHY BOUNDARIES IS A VALUABLE SKILL THAT PROMOTES SELF-RESPECT, FOSTERS POSITIVE RELATIONSHIPS, AND ENHANCES OVERALL WELL-BEING. KEEP PRACTICING AND NURTURING THESE BOUNDARIES TO CREATE A FULFILLING AND BALANCED LIFE.

BEING ASSERTIVE

BENEFITS

- ENHANCED COMMUNICATION
- INCREASED SELF-RESPECT
- HEALTHY BOUNDARIES
- CONFLICT RESOLUTION
- REDUCED RESENTMENT
- EMPOWERED DECISION-MAKING
- IMPROVED RELATIONSHIPS
- STRESS REDUCTION
- EFFECTIVE NEGOTIATION
- IMPROVED EMOTIONAL CONTROL

UNASSERTIVE BELIEFS

- I CAN'T SAY NO.
- OTHERS KNOW BEST.
- I'M NOT IMPORTANT.
- MY NEEDS DON'T MATTER
- I SHOULDN'T CAUSE CONFLICT.
- I'M NOT WORTH IT.
- I MUST PLEASE EVERYONE.
- I DON'T DESERVE RESPECT.
- OTHERS' OPINIONS DEFINE ME.
- I CAN'T EXPRESS MYSELF.

ASSERTIVE BELIEFS

- I HAVE RIGHTS TOO.
- MY FEELINGS MATTER.
- I CAN SAY NO.
- I DESERVE RESPECT.
- MY NEEDS ARE VALID.
- I CAN EXPRESS MYSELF.
- I AM WORTHY.
- I CAN SET BOUNDARIES.
- I STAND UP FOR MYSELF.
- I MAKE MY CHOICES.

VERBAL CLUES

- SPEAK ASSERTIVELY.
- USE "I" STATEMENTS.
- SET CLEAR BOUNDARIES.
- EXPRESS FEELINGS OPENLY.
- BE DIRECT AND CONCISE.

NON-VERBAL CLUES

- MAINTAIN EYE CONTACT.
- ASSERTIVE POSTURE.
- CONTROLLED GESTURES.
- RELAXED YET FIRM.
- RESPECTED PERSONAL SPACE.

CONVERSATION STARTERS

FOR MEETING NEW PEOPLE

- HELLO, WHAT'S YOUR NAME?
- HOW'D YOU FIND THIS EVENT?
- COMMON INTERESTS, MAYBE?
- ENJOYING THE DAY SO FAR?
- FAVORITE HOBBIES OR ACTIVITIES?
- FIRST TIME HERE, TOO?
- TELL ME ABOUT YOURSELF!
- LOVE YOUR STYLE, BY THE WAY.
- WHAT BRINGS YOU HERE?
- LET'S CHAT, SHALL WE?

FOR FRIENDS AND FAMILY

- HOW'S YOUR DAY GOING?
- MISSED SPENDING TIME WITH YOU.
- WANT TO PLAN SOMETHING FUN?
- IS THERE ANYTHING YOU NEED?
- LET'S CATCH UP SOON!
- SENDING YOU A BIG HUG!
- HOW'S WORK OR SCHOOL?
- HOW ARE YOU FEELING TODAY?
- WHAT'S NEW IN YOUR LIFE?
- LOVE YOU, MY DEAR!

FOR DEEPER CONVERSATIONS

- YOUR LIFE'S BIGGEST PASSION?
- HAPPIEST MEMORY YOU CHERISH?
- SHARE A LIFE LESSON LEARNED?
- MEANINGFUL GOALS YOU PURSUE?
- ANY PERSONAL DREAMS TO ACHIEVE?
- THOUGHTS ON LIFE'S PURPOSE?
- EXPERIENCES THAT SHAPED YOU?
- VALUES YOU HOLD DEAR?
- WHAT FUELS YOUR MOTIVATION?
- FACING FEARS OR CHALLENGES?

FOR BUILDING TRUST

- CAN WE TALK OPENLY NOW?
- YOUR FEELINGS ARE IMPORTANT.
- I'M HERE TO LISTEN.
- THIS IS A SAFE SPACE.
- LET'S ADDRESS ANY CONCERNS.
- NO JUDGMENT, JUST SUPPORT.
- WE CAN WORK THROUGH THIS.
- FEEL FREE TO EXPRESS YOURSELF.
- TRUST IS EARNED TOGETHER.
- LET'S GROW CLOSER, STRONGER.

MAKING NEW FRIENDS

- 1. BE APPROACHABLE**
SMILE AND MAINTAIN OPEN BODY LANGUAGE TO MAKE OTHERS FEEL COMFORTABLE APPROACHING YOU.
- 2. INITIATE CONVERSATIONS**
START CONVERSATIONS WITH PEOPLE BY ASKING ABOUT THEIR INTERESTS OR SHARING A POSITIVE COMMENT.
- 3. LISTEN ACTIVELY**
PRACTICE ACTIVE LISTENING TO SHOW GENUINE INTEREST IN WHAT OTHERS HAVE TO SAY.
- 4. FIND COMMON INTERESTS**
LOOK FOR SHARED HOBBIES OR ACTIVITIES TO BOND OVER AND ENGAGE IN TOGETHER.
- 5. JOIN GROUPS OR ACTIVITIES**
PARTICIPATE IN SOCIAL GATHERINGS, CLUBS, OR EVENTS WHERE YOU CAN MEET LIKE-MINDED PEOPLE.
- 6. BE AUTHENTIC**
BE YOURSELF AND EXPRESS YOUR THOUGHTS AND FEELINGS HONESTLY.
- 7. RESPECT BOUNDARIES**
BE MINDFUL OF OTHERS' PERSONAL SPACE AND PREFERENCES.
- 8. OFFER HELP AND SUPPORT**
BE KIND AND SUPPORTIVE TO OTHERS, ESPECIALLY DURING CHALLENGING TIMES.
- 9. FOLLOW UP**
AFTER INITIAL INTERACTIONS, FOLLOW UP WITH PEOPLE TO BUILD A DEEPER CONNECTION.

