

RADICAL ACCEPTANCE WORKSHEET

What happened?
What's the situation?

What led up to the situation?

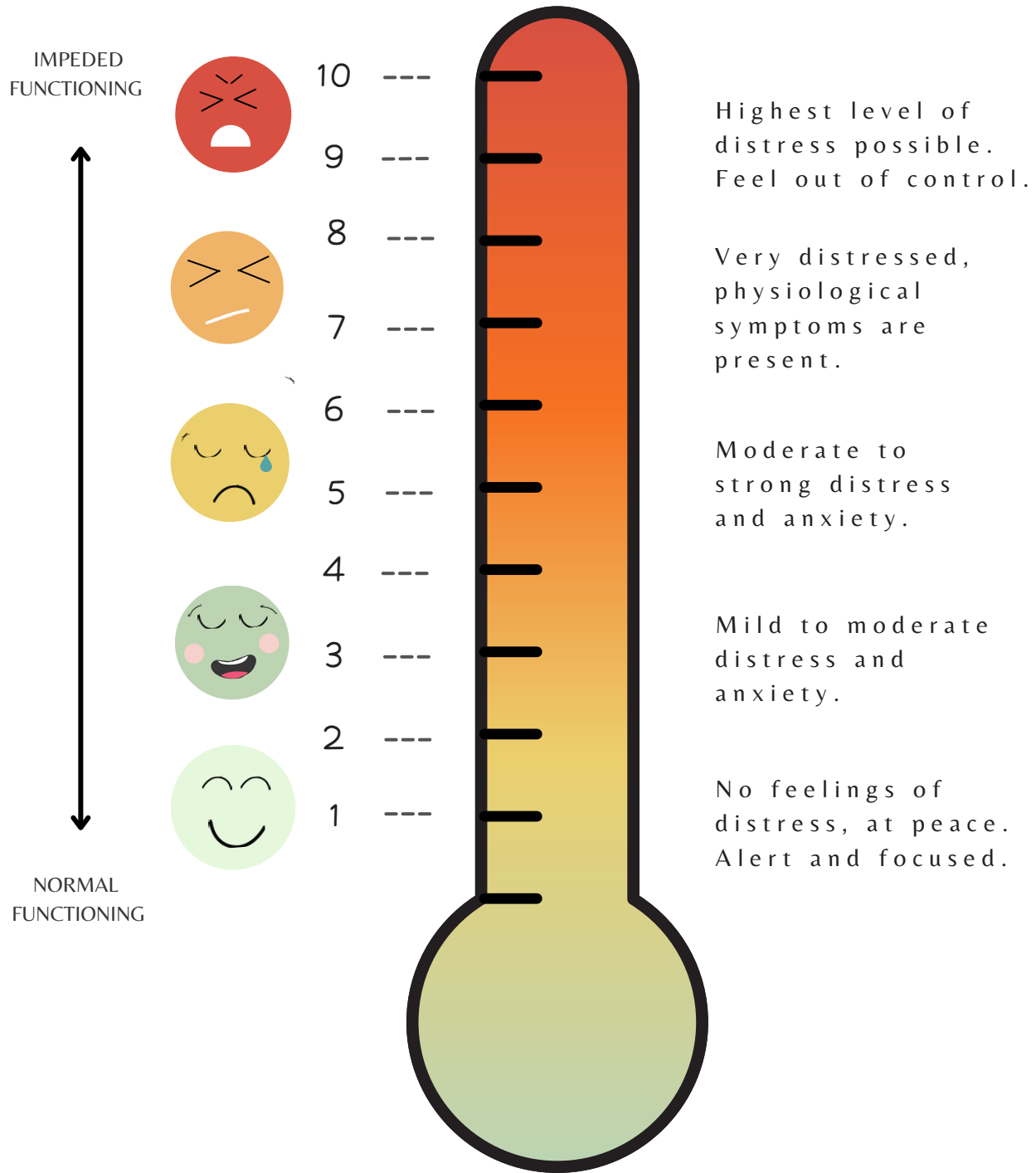
What was your role, and what role
did other people play?

What do you and don't you have
control over?

What was your response to the situation
and how did it make you feel?

How can you use radical acceptance to
respond differently in the future?

DBT Subjective Units of Distress SCALE



BEHAVIOR CHAIN ANALYSIS

1. PROBLEM BEHAVIOR

- Be specific
- What did you say or do?
- Describe the intensity of your behavior

2. PRECIPITATING EVENT

- What event triggered your behavior?

3. VULNERABILITY FACTORS

- Was there any factors that made you more vulnerable. Eg, stress, intense emotions, illness, substance abuse?

4. CHAIN OF EVENTS

- Imagine that each event is a link in a chain. Trace back all your links. Eg, emotions, sensations or behavior

5. CONSEQUENCES

- How did you feel after the event?
- How did other people feel?

6. SOLUTIONS

- Brainstorm things that you can do differently next time.

7. PREVENTION STRATEGY

- How can you reduce your vulnerability factors?

8. REPAIR

- What can you do to repair the consequences of your behavior?

RADICAL ACCEPTANCE

COPING STATEMENTS

FIGHTING THE PAST ONLY BLINDS MY PRESENT

I CAN HANDLE WHAT IS IN FRONT OF ME AS IT IS

LIFE IS WORTH LIVING, EVEN IF I AM IN PAIN

EVERYTHING THAT HAS HAPPENED IN THE PAST,
HAS LED UP TO THIS POINT

I CAN LIVE IN THE PRESENT, DESPITE THE PAIN I
AM EXPERIENCING

I CAN HAVE PAIN WITHOUT IT TURNING INTO
SUFFERING

I CAN SURVIVE THE PRESENT, EVEN IF I AM
UNHAPPY WITH WHAT IS HAPPENING

THE PRESENT IS THE RESULT OF SO MANY THINGS
THAT HAS ALREADY HAPPENED

I CAN'T CHANGE WHAT HAS HAPPENED IN THE
PAST

I CAN LEARN FROM THE PAST TO SOLVE MY
PRESENT AND FUTURE PROBLEMS

ACCEPTANCE ALLOWS ME TO BE FREE FROM THE
SHACKLES OF DENIAL

MY PAST DOES NOT DEFINE MY FUTURE

HOW I REACT IN THIS MOMENT IS ALL I HAVE
CONTROL OVER

I SEE THE PRESENT MOMENT FOR WHAT IT IS

ACCEPT WORKSHEET

Work through your distress with this activity

Activities _____

Contributing _____

Comparisons _____

Emotions _____

Pushing away _____

Thoughts _____

ACCEPT WORKSHEET

Work through your distress with this activity

Activities

Participate in hobbies you enjoy, such as watching a movie or playing cards.

Contributing

Contribute to society, volunteer, or offer something nice for a friend.

Comparisons

Compare yourself to others less fortunate than you or to others who are coping the same or less well than you.

Emotions

Watch an inspirational movie, book or music that create a better emotion or feeling.

Pushing away

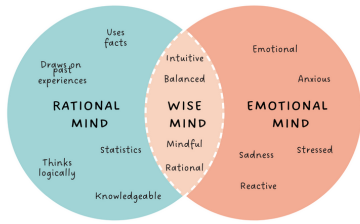
Ask yourself these questions. Can I do anything about this right now?
Is it a good time to work on this?

Thoughts

Distract your thoughts by engaging in some mindfulness activities.

DBT CHEAT SHEET

MINDFULNESS



THE 'WISE MIND'

The balance between the rational and the emotional mind. The place of inner wisdom.

THE "WHAT" SKILL

Observe - sensing or experiencing.
Describe - putting words on what you observe.
Participate - Let yourself get involved in the moment.

THE 'HOW' SKILL

Non-Judgmental, One-Mindful and Effective.

DISTRESS TOLERANCE

THE GUIDE TO HEALTHY RELATIONSHIPS

ACCEPTS

ACTIVITIES, CONTRIBUTING COMPARISONS, EMOTIONS, PUSHING AWAY, THOUGHTS, SENSATIONS

SELF-SOOTHE WITH YOUR 5 SENSES

VISION, HEARING, SMELL, FEEL AND TASTE

PROS/CONS

MAKE A LIST OF THE PROS AND CONS OF ACTING ON YOUR URGES.

TIPP

TIP THE TEMPERATURE, INTENSE EXERCISE, PACED BREATHING, PAIRED MUSCLE RELAXATION

IMPROVE

IMAGERY, MEANING, PRAYER, RELAXING ACTIONS, ONE THING IN THE MOMENT, VACATION, SELF ENCOURAGEMENT AND RETHINKING

RADICAL

ACCEPTANCE

STOP FIGHTING REALITY AND ACCEPT IT FOR WHAT IT IS

PROBLEM

SOLVING

FIGURE OUT IF THERE IS A WAY TO CHANGE THE SITUATION

EMOTIONAL REGULATION

EMOTIONS HAVE A FUNCTION

STOP

STOP, TAKE A BREATH, OBSERVE, PROCEED

OPPOSITE REACTION

CHOOSING TO DO EXACTLY THE OPPOSITE OF WHAT YOUR EMOTIONS TELL YOU TO DO

ABC PLEASE

ACCUMULATE POSITIVE EXPERIENCES, BUILD MASTERY, COPE AHEAD - POSITIVE SELF TALK

VITALS TO SUCCESS

VALIDATE YOURSELF, IMAGINE, TAKE SMALL STEPS, APPLAUD YOURSELF, LIGHTEN THE LOAD, SWEETEN THE POT

INTERPERSONAL EFFECTIVENESS

BUILD AND MAINTAIN POSITIVE RELATIONSHIPS

DEAR MAN

DESCRIBE, EXPRESS, ASSERT, REINFORCE, STAY MINDFUL, APPEAR CONFIDENT, NEGOTIATE

GIVE

BE GENTLE, ACT INTERESTED, VALIDATE, USE EASY MANNER

FAST

FAIR, APOLOGIES, STICKING TO YOUR VALUES, AND TRUTHFUL.

BOUNDARY BUILDING SKILL

DBT PROBLEM SOLVING WORKSHEET

DEFINE THE PROBLEM IN DETAIL. WHO, WHAT, WHERE, WHEN, HOW AND WHY?

WHAT DO YOU WANT TO CHANGE?

WHAT SOLUTION DID YOU USE AND WAS IT EFFECTIVE. IF SO, HOW?

HOW WAS YOUR SOLUTION NOT EFFECTIVE? WHY?

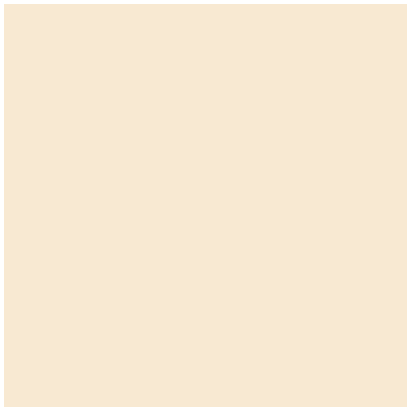
HOW COULD YOU HANDLE THE PROBLEM BETTER NEXT TIME?

ABC PLEASE

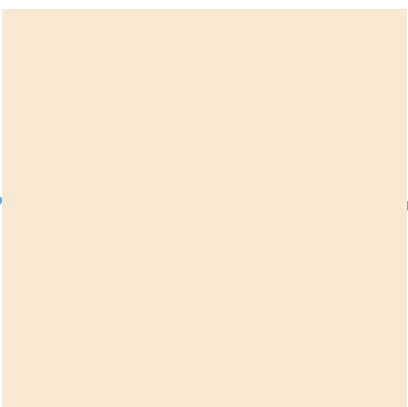
<p data-bbox="352 310 477 447">A</p> <p data-bbox="217 506 609 726">ACCUMULATE POSITIVE EMOTIONS</p>	<p data-bbox="708 243 1482 317">WHAT ARE SOME NICE THINGS THAT YOU CAN DO RIGHT NOW?</p>
<p data-bbox="361 846 468 982">B</p> <p data-bbox="288 1031 558 1167">BUILD MASTERY</p>	<p data-bbox="718 537 1472 653">WHAT CHANGES CAN YOU MAKE IN YOUR LIFE SO THAT POSITIVE EVENTS WILL HAPPEN MORE OFTEN IN THE FUTURE.</p>
<p data-bbox="352 1430 477 1566">C</p> <p data-bbox="234 1619 609 1860">COPE AHEAD OF TIME WITH EMOTIONAL SITUATIONS</p>	<p data-bbox="753 800 1482 915">WHAT THINGS CAN YOU DO TO FEEL COMPETENT AND EFFECTIVE TO COMBAT HELPLESSNESS AND HOPELESSNESS.</p> <p data-bbox="696 1062 1494 1136">WHAT ACTIVITIES CAN YOU DO TODAY, NEXT WEEK AND IN A MONTHS TIME?</p> <p data-bbox="696 1356 1494 1430">MAKE A PLAN AHEAD OF TIME SO THAT YOU ARE PREPARED TO COPE WITH EMOTIONAL SITUATIONS.</p>

OPPOSITE REACTION

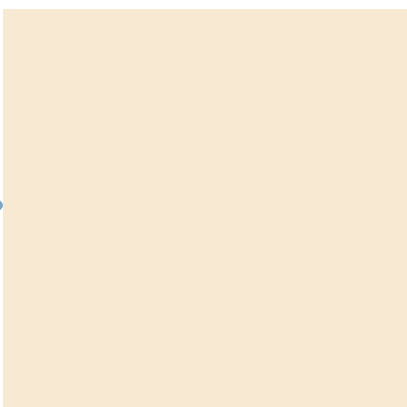
WHAT HAPPENED?



IDENTIFY YOUR EMOTIONS



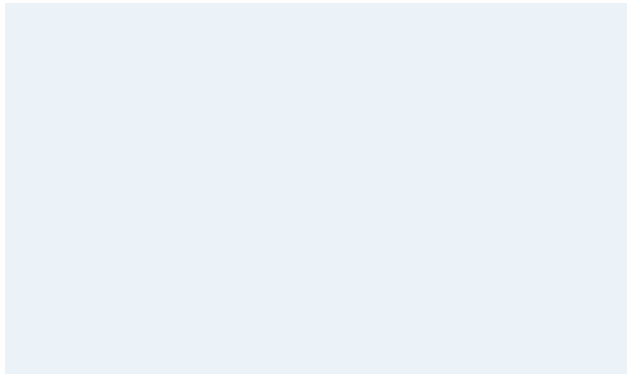
IDENTIFY YOUR NATURAL URGE



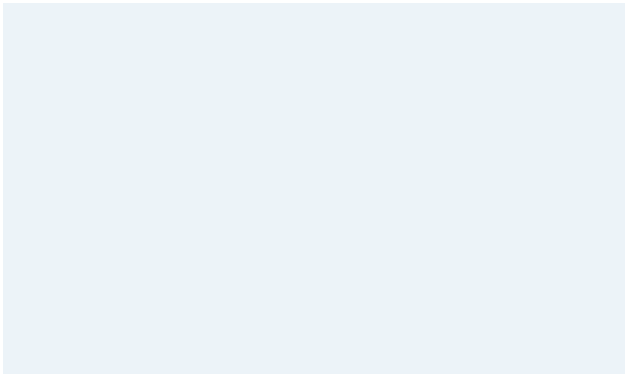
SHOULD I FOLLOW MY URGE?



NATURAL ACTION/URGE



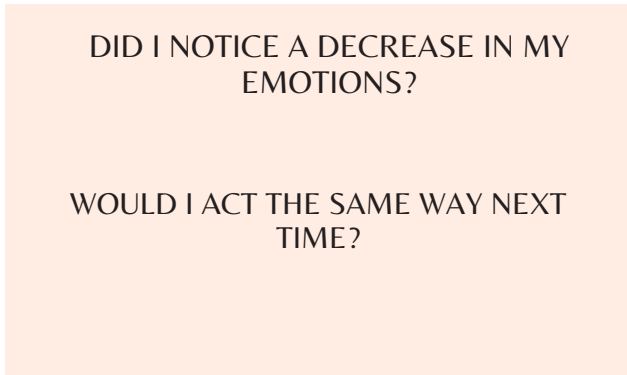
OPPOSITE ACTION/URGE



OUTCOME

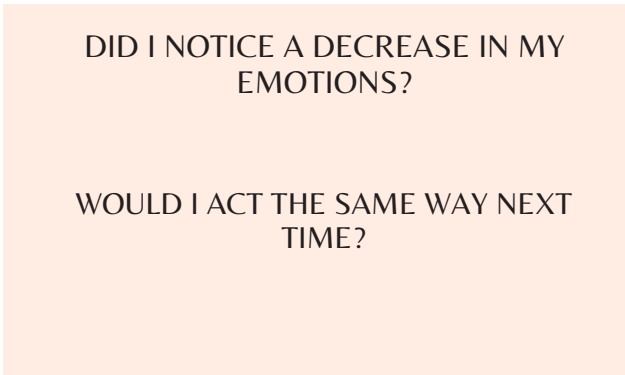
DID I NOTICE A DECREASE IN MY EMOTIONS?

WOULD I ACT THE SAME WAY NEXT TIME?



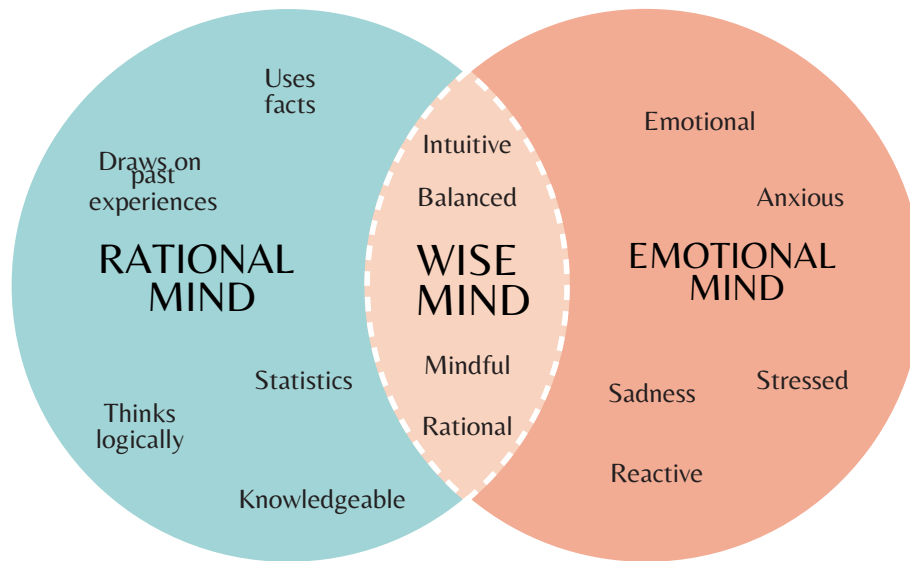
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WOULD I ACT THE SAME WAY NEXT TIME?



THE WISE MIND

THE BALANCE BETWEEN REASON AND EMOTION



OBSERVE ----- DESCRIBE ----- PARTICIPATE

↓
Your bodies
sensations

↓
What you
observe and
are feeling

↓
Engage fully
in the
moment

Dialectical Behavior Therapy (DBT) presents three primary states of mind: reasonable mind, emotional mind, and wise mind, with the wise mind being the ultimate aim of DBT. The concept of the 'wise mind' is to help encourage you to find the balance between both your emotional and reasonable mind.

Imagine that you had two lenses, one viewing the world from the rational mind and the other considering the world from the emotional mind.

First, let's look at the emotional mind lens. You live your life by being highly reactive and impulsive. You act or judge situations based on your emotions without thinking things through. For example, you would buy the latest Ipad based on how it made you feel, without thinking about whether or not you could afford it. Living your life this way can feel disorganized and chaotic.

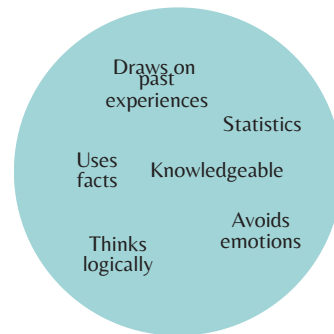
Now, let's look at the rational mind through a different lens. You live by viewing events and relationships logically by analyzing the facts and avoiding emotions. So, you won't mind buying the Ipad if you know you cannot afford it.

Living life this way can feel lifeless, cold, and not enjoyable.

To live a balanced life in great harmony, the rational and emotional mind must integrate with reason and emotion.

"There is a wisdom of the head, and a wisdom of the heart.' - Charles Dickens.

THE RATIONAL MIND



Sometimes, being in a rational state of mind is very useful. For example, you would want to be in this state of mind during a crisis, such as defusing a bomb, escaping from danger, or even making essential decisions about your health. The rational mind allows you to be relaxed and level-headed without letting your emotions interfere with your decision-making.

However, always being in this state of mind might get boring as you need more inspiration, passion, and creativity. You would pick a career path that makes logical sense for your future rather than what drives you from within; you would miss out on those spontaneous adventures and might not grieve the things you cherish in your life.

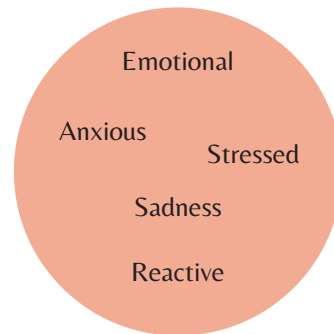
IF YOU LIVE YOUR LIFE ALWAYS IN A RATIONAL MIND STATE, WHAT MIGHT YOU BE MISSING OUT ON?

ARE THERE SITUATIONS IN WHICH YOU NEED TO BE MORE IN A RATIONAL MIND STATE?

CAN YOU THINK OF ANY EXAMPLES WHEN YOU ACTED PURLEY WITH YOUR RATIONAL MIND?

WHAT WERE THE POSITIVES AND NEGATIVES OF THINKING THIS WAY?

THE EMOTIONAL MIND



The emotional mind is good for creativity, motivation, spontaneity, and responding to things based on your gut instincts. The logical reason must be considered, and you must evaluate the facts.

The emotional mind has also helped us through evolution. For example, imagine back in the caveman days when we were hunters and gatherers, and you were face to face with a tiger; the primary human emotion of fear drives the behavior to escape for safety and is necessary for our survival.

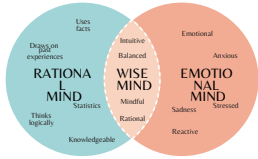
The emotional mind also allows you to take risks and get inspired; for example, you feel like you need more drive, inspiration, and motivation in your life, so you decide to change careers based on how you are feeling rather than if it is the most logical choice. But on the other hand, the emotional mind can cause you to respond inappropriately at times, such as arguing in public because you reacted to something someone said that upset you.

While there are times that the emotional mind can serve us well, if you lived your life only in the emotional mind, you would become exhausted from all of your big emotions, and you might take too many risks that lead to an unstable life with no balance.

CAN YOU THINK OF ANY EXAMPLES WHEN YOU ACTED PURLEY WITH YOUR EMOTIONAL MIND?

WHAT ARE THE PROS AND CONS OF THE EMOTIONAL MIND?

WHAT ARE THE BENEFITS OF THE WISE MIND, THE BALANCE BETWEEN THE RATIONAL AND EMOTIONAL MIND?



USING THE WISE MIND TO THINK THROUGH DIFFICULT SITUATIONS

When we merge our rational and emotional minds, our wise mind helps us make sense of how we are feeling. This can be very beneficial when you are feeling anxious or worried. Next time you are stuck on a thought, use this worksheet to help you think things through calmly and wisely.

EMOTIONAL MIND

What is the situation?
 What went through my mind?
 How is it making me feel?
 What is the worst thing that could happen?
 What do I want to happen?
 Are my emotions making me over react to the situation?

RATIONAL MIND

What are the facts and evidence?
 Is there any logic to how I am feeling?
 What advice would I give to a friend?
 Is it really as important as it seems right now?
 Will this worry or thought matter in a week, a month or next year?

WISE MIND

Stop. Take some deep breaths.
 When I use my wise mind, how could I view the situation differently?
 What is going to be the best response to the situation?
 When I consider everything, what will be helpful and effective in getting through this situation?



DISTRESS TOLERANCE SKILL

S.T.O.P



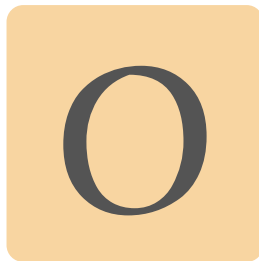
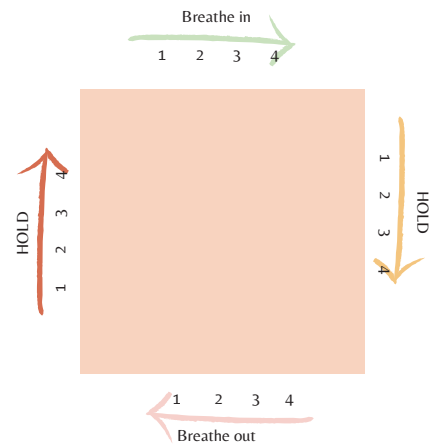
STOP

Interrupt your negative thinking with the command STOP! And pause with what you were doing.



TAKE A BREATH

Practice some deep breathing techniques to slow your heart rate down.



OBSERVE

Observe your thoughts, feelings and behavior. How does your body feel?



PROCEED

Purposefully and mindfully proceed with your next activity, one step at a time.

T.I.P.P

CHANGE YOUR THOUGHTS BY CHANGING
YOUR BODY CHEMISTRY

T TIP THE TEMPERATURE

- Hold your breath and place your face in a bowl of cold water.
 - Hold an ice pack on your cheeks for 30 seconds.
 - What are other ways you can change my body temperature?
-
-

I INTENSE EXERCISE

- Work up a sweat and expend any built-up energy.
 - Do a cardio workout, such as running, lifting weights, or playing a physically demanding sport. What are some other ways you could expend your energy?
-
-

P PACED BREATHING TRACE THE FIGURE EIGHT

CONTROL YOUR BREATHING. Breathe in deeply through your nose for four seconds and then breathe out through your mouth for six seconds.

P PAIRED MUSCLE RELAXATION

While your focusing on your breathing, try to tense the muscles in your body. Focus on how your tension feels.

Clench your fist. Imagine you are holding a lemon and you are trying to squeeze the juice out of it. Feel the tension in your hand and wrist. Repeat slowly 10 times.

FOCUS ON WHAT YOU CAN CONTROL

FOCUSING ON THE THINGS YOU CAN NOT CONTROL IS A WASTE OF TIME AND ENERGY;
IT ALSO SENDS YOU INTO A DOWNWARD SPIRAL OF NEGATIVE THINKING.
ALTERNATIVELY, FOCUSING ON WHAT YOU CAN CONTROL EMPOWERS POSITIVE
THINKING.

TRY ADDING SOME OF YOUR OWN BELOW.

Things I can NOT control

- So I can let Go of these things

The
past

Things I can control

- So I will focus on these things

Who I spend time
with

How i spend my
spare time

My values and
beliefs

My honesty

The
weather

My
age

Predicting what will
happen

The results of a
sports match

BOUNDARIES

TYPES OF BOUNDARIES

PSYCHOLOGICAL BOUNDARIES

Whether or not you choose to share information about yourself, such as your personal values, views, opinions, thoughts and beliefs.

EMOTIONAL BOUNDARIES

Refers to how much you let other people affect you and manipulate your thinking. For example, is it easy for other people to make you feel guilty about a situation?

PHYSICAL BOUNDARIES

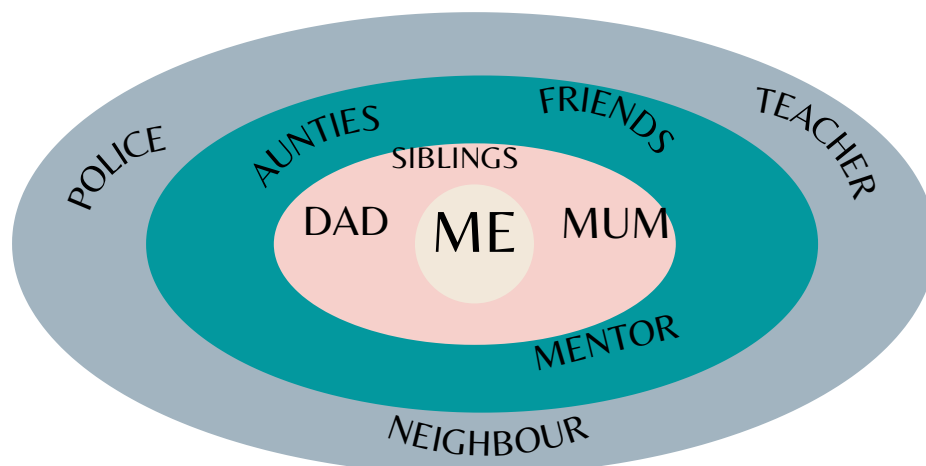
Refers to your body, privacy, and personal space. Do you allow people to touch you or show public affection. What is your comfort with people getting close to you?

BEING MINDFUL OF THE SITUATION

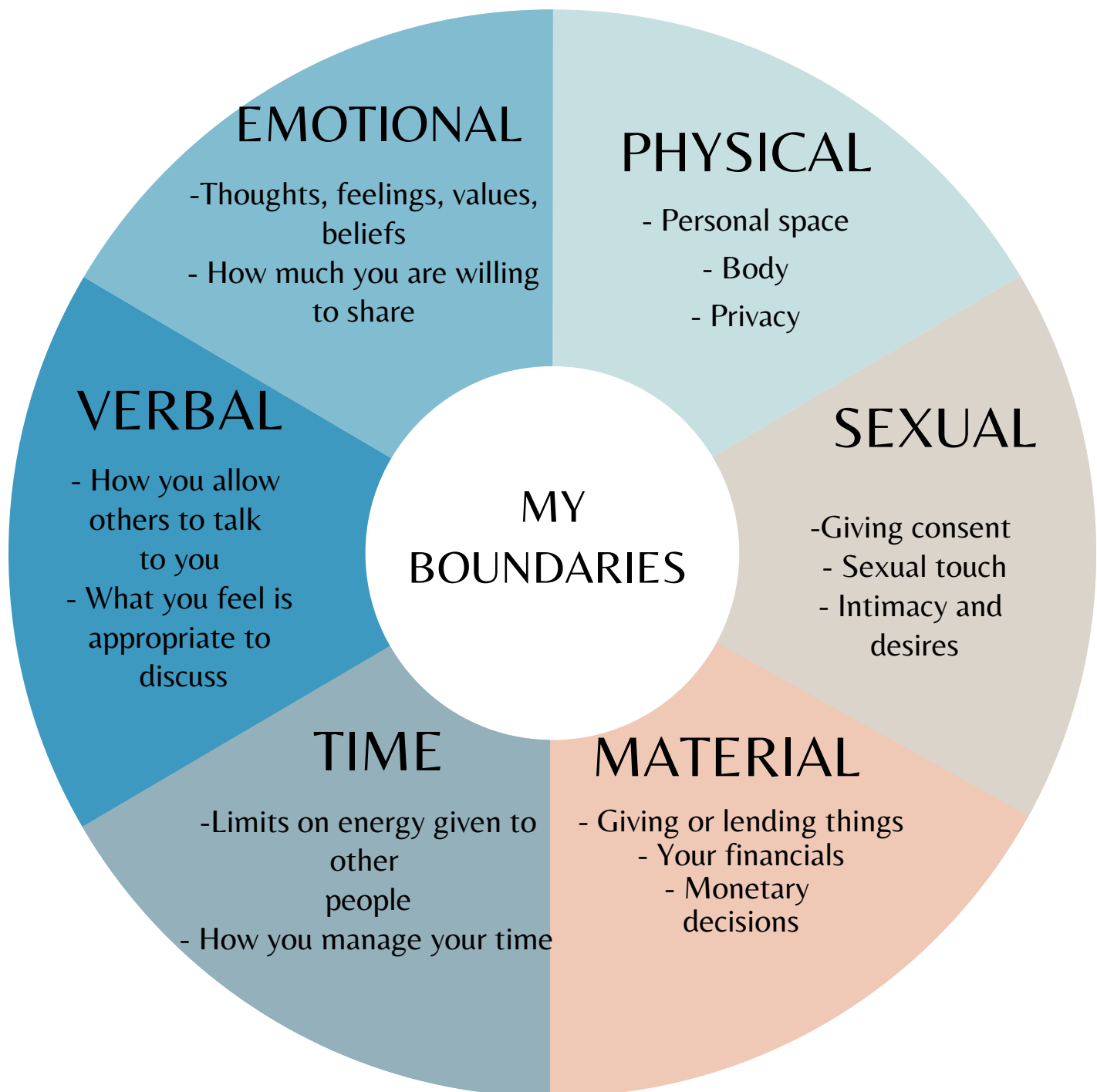
Refers to the idea that you can open up your boundaries to the people who also trust you with theirs. Try to be mindful of the extent to which you are flexible with your boundaries; they should be at a level you feel comfortable and safe with.

NEGOTIATING BOUNDARIES

Boundaries can always be changed and negotiated; they need not be fixed. For example, some people might influence you to open up your boundaries to allow them to get closer to you. In contrast, others might have the opposite effect on you, forcing your boundaries to become more closed.



TYPES OF BOUNDARIES



Boundaries = the limits, rules or lines we set for our own personal comfort

DIALECTICAL THINKING

- WHERE TWO OPPOSITES CAN CO-EXIST

GIVE IT A GO!!

I AM TRYING MY
BEST



I STILL
WANT TO DO
BETTER

I MISS SEEING
YOU



I NEED MY SPACE

I CARE ABOUT
OTHERS



I AM FEELING
ANXIOUS



I ACCEPT THINGS



THEY ARE UPSET
WITH ME



I WANT TO SPEND
TIME WITH YOU



Interpersonal effectiveness skill

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

D

DESCRIBE

Describe the situation simply. Stick to the facts by avoiding opinion and interpretation.

E

EXPRESS

Express how you are feeling by using an “I” statement. Don’t assume that the other person knows how you feel.

A

ASSERT

Say what you need. Don't beat around the bush. Be firm and clear.

R

REINFORCE

Reward people who respond well, and explain the positive effects of getting what you want or need.

M

MINDFUL

Maintain your position and keep your mind on your goals. Don't steer off from the objective of the interaction.

A

APPEAR

Use a confident voice, body language and make good eye contact, this will help you appear confident.

N

NEGOTIATE

Remember that you aren't demanding anything, you are asking for something. be open to negotiation.

ACCEPTANCE MINDSET

What can you say to yourself to try and accept the present moment, rather than focusing on the past?

FOCUSING ON THE PAST

I DON'T THINK I CAN DO IT

THE PAIN OF THE PAST IS TOO MUCH TO HANDLE

I WISH I COULD CHANGE WHAT HAS HAPPENED

MY PAST HAUNTS ME

MOVING FORWARD IS TOO HARD

I ALWAYS MAKE MISTAKES

ACCEPTING THE PRESENT

THIS IS HOW IT HAS TO BE

I CAN'T CHANGE WHAT HAS ALREADY HAPPENED



DBT DISTRESS TOLERANCE SKILL TO HELP WITH A CONFRONTING CRISIS

I.M.P.R.O.V.E



IMAGERY

IMAGINE YOUR SAFE PLACE WITH EVERYTHING YOU NEED IN THE ONE SPOT. OR IMAGINE YOURSELF COPING SUCCESSFULLY IN THE DIFFICULT SITUATION THAT YOU ARE IN RIGHT NOW.



MEANING

FIND MEANING IN THE MOMENT, AND LOOK AT YOUR VALUES AND PURPOSE. FOCUS ON THE THINGS THAT ARE IMPORTANT TO YOU.



PRAYER

PRAYER CAN MEAN DIFFERENT THINGS TO EVERYBODY. So IT MIGHT BE TO PRAY TO A HIGHER GOD, OR MAYBE IT MEANS PRAYING TO FIND STRENGTH IN THE MOMENT.



RELAXING ACTIONS

DO SOMETHING RELAXING FOR YOURSELF TO TRY AND FIND PEACE AND CALM. FOR EXAMPLE, READ A BOOK, HAVE A BATH, LISTEN TO MUSIC OR GO FOR A WALK.



ONE THING IN THE MOMENT

MINDFULLY FOCUS ON THE MOMENT, TRY AND KEEP YOUR ATTENTION ON THE TASK YOU ARE DOING.



VACATION

GIVE YOURSELF A SHORT VACATION. SWITCH OFF YOUR PHONE, GIVE YOURSELF A MINI BREAK THAT YOU KNOW YOU DESERVE.



SELF ENCOURAGEMENT AND RETHINKING

PRACTICE POSITIVE SELF-TALK. SAY THINGS SUCH AS "I AM BRAVER THAN I THINK", "I CAN DO THIS".

SENSES

SHIFT THE FOCUS FROM YOUR MIND ONTO SOMETHING ENTIRELY DIFFERENT

VISION

Stimulate your eyes. Go for a walk through the park, cut out some interesting pictures from a magazine, look at some art.

List some other ways you can stimulate your eyes and vision.

HEARING

Go outside and listen to the birds, the wind, or even the waves at the beach. Listen to your favorite music or play an instrument.

Could you list some other ways you can stimulate your hearing?

SMELL

Light some candles or smell some essential oils. Cook your favorite meal. Go outside and smell the flowers or the fresh air.

Could you list some other ways you can stimulate your sense of smell?

TASTE

Eat something yummy. Take your time and focus on tasting every bit of flavor. Feel the different textures in your mouth.

Could you list some other ways you can stimulate your taste buds?

TOUCH

Feel your favorite blanket and piece of fabric. Pat your cat or dog, go outside, pick up different objects from the tree, and feel all the different textures.

Could you list some other ways you can stimulate your sense of touch?

V.I.T.A.L.S TO SUCCESS

VITALS to success skills help make the process of working toward SMART goals more effective.

V

VALIDATE YOUR FEELINGS

" I feel sad and angry"

I

IMAGINE

Imagine yourself doing it peacefully and productively.

T

TAKE SMALL STEPS

Break it down into small steps

A

APPLAUD YOURSELF

Write down some positive affirmations.

L

LIGHTEN THE LOAD

How can you reduce your stressful feelings?

S

SWEETEN THE POT

How can you reward your efforts?

Goal Planner



Created / /

Deadline / /

Achieved

How important is this goal?



My Mood



The Goal I am working towards

Why is this goal important to me?



SPECIFIC

What resources do I have?



MEASUREABLE

What challenges may I face?



ATTAINABLE



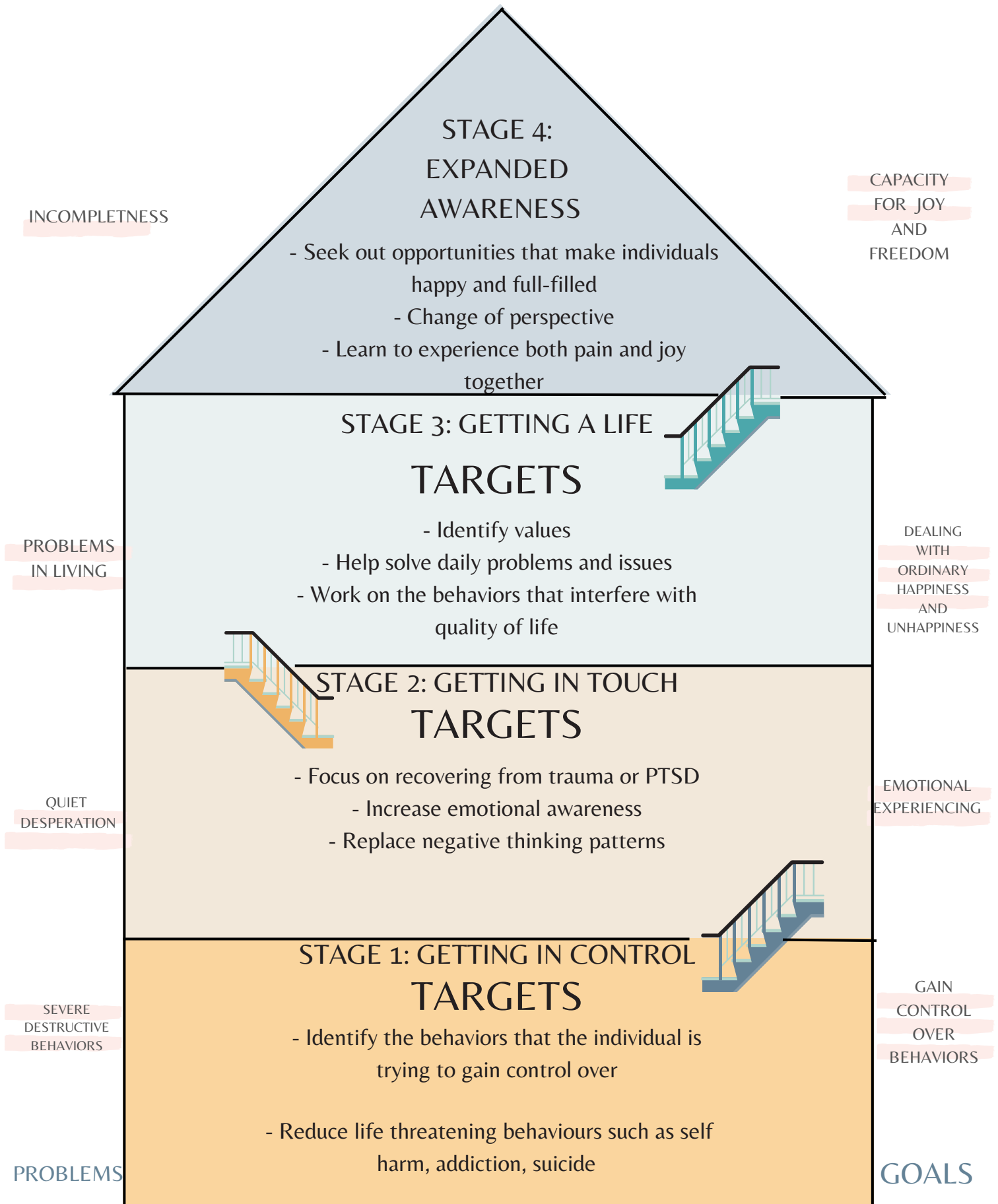
RELEVANT

How can I overcome these challenges?

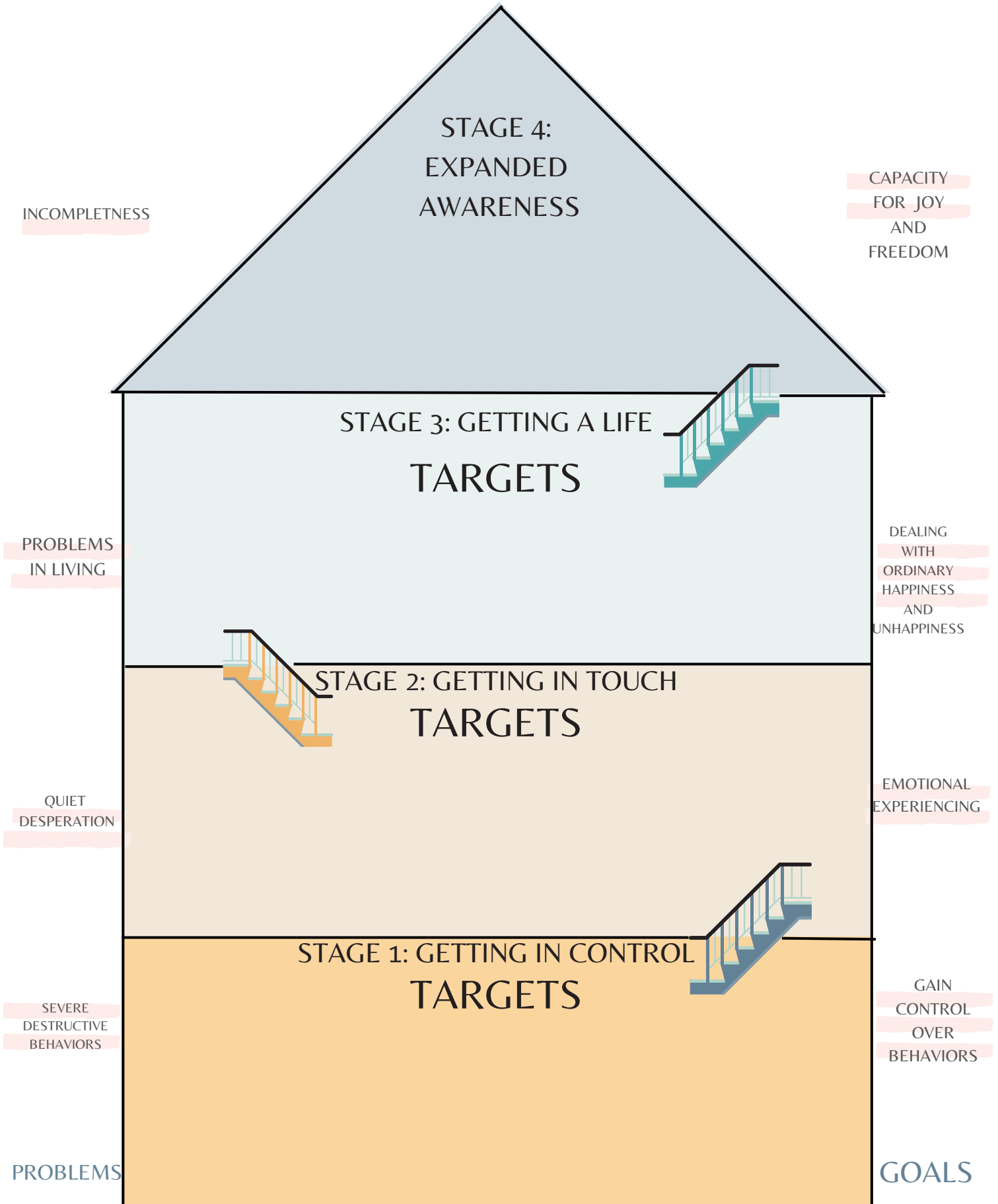


TIMELY

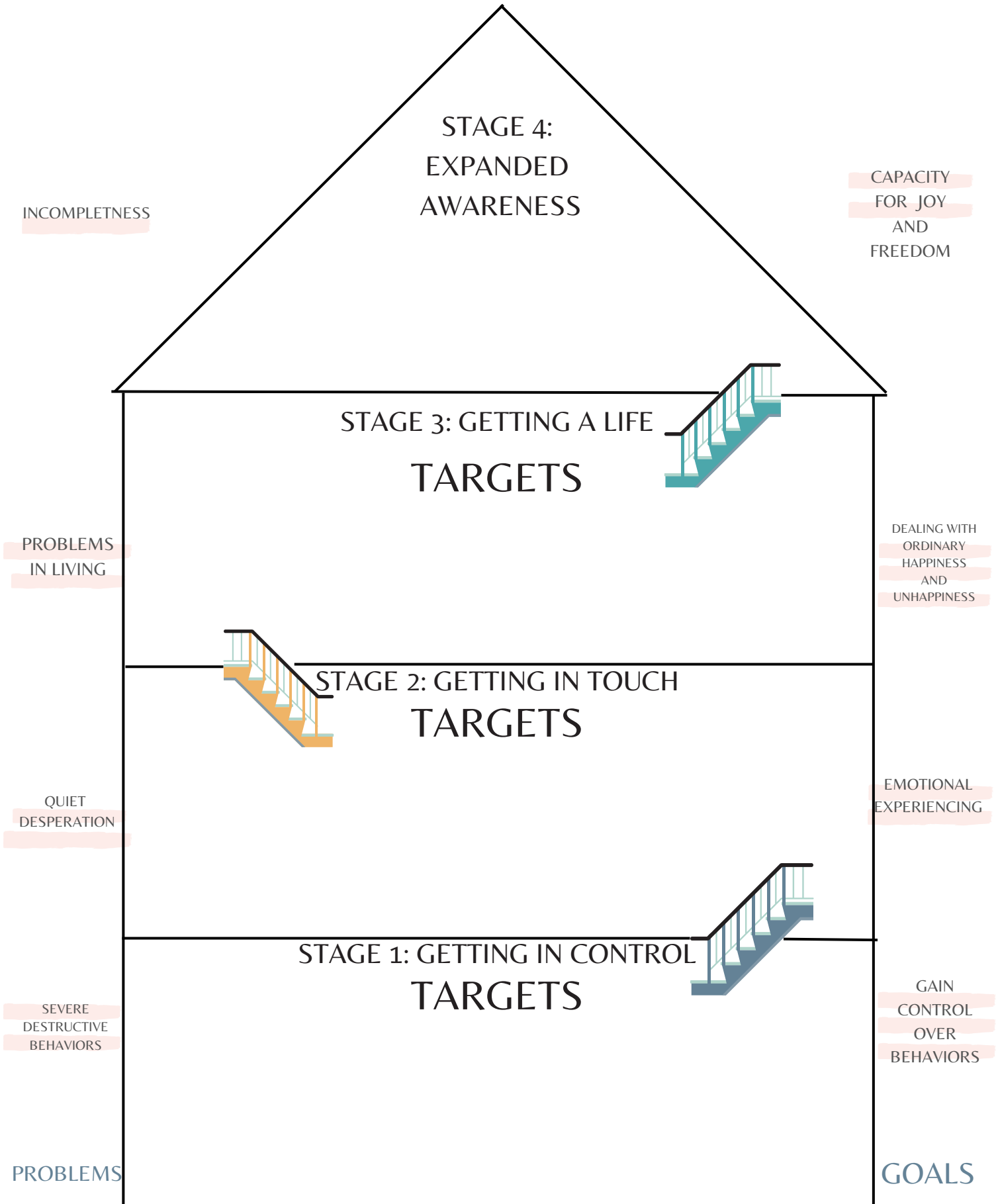
THE DBT HOUSE



THE DBT HOUSE



THE DBT HOUSE





PROS AND CONS EXAMPLE

IMPULSE ACTION/BEHAVIOR SELF HARM

PROS

ACTING ON BEHAVIOR
 PROS OF ACTING ON URGES, GIVING UP,
 GIVING IN OR AVOIDING

Feeling better in the moment

- Release tension
- Feeling something rather than numb
- Feel comfort in familiarity
- Ease anxiety

NOT ACTING ON BEHAVIOR
 PROS OF RESISTING URGES, DOING WHAT
 NEEDS TO BE DONE,

- No scars
- Feeling proud
- Learn to deal with emotions in a more effective way

CONS

CONS OF ACTING ON URGES

- Avoidance of dealing with the problems
- Causes distress to loved ones
- Might accidentally hurt myself really bad
- Embarrassment and Self-loathing

CONS OF RESISTING URGES

- No instant relief
- Feeling out of control
- Feeling helpless

**THE JUDGE'S
VERDICT**



EXAMINE THE ADVANTAGES & DISADVANTAGES FOR EACH OF THE VIABLE OPTIONS. WHAT IS THE BEST THING TO DO?

"Self-harming is not worth it as it doesn't fix anything long term. Instead, I should try and use some more efficient coping skills."



PROS AND CONS

IMPULSE
ACTION/BEHAVIOR

ACTING ON BEHAVIOR

NOT ACTING ON
BEHAVIOR

PROS

CONS

THE JUDGE'S
VERDICT



EXAMINE THE ADVANTAGES & DISADVANTAGES
FOR EACH OF THE VIABLE OPTIONS. WHAT IS
THE BEST THING TO DO?

DBT INTERPERSONAL EFFECTIVENESS

SKILLS

G.I.V.E.

G.I.V.E. WILL HELP YOU ACHIEVE RELATIONSHIP EFFECTIVENESS BY FOSTERING POSITIVE INTERACTIONS.



GENTLE

BE MORE GENTLE AND TREAT THE OTHER PERSON WITH RESPECT. DON'T THREATEN, ATTACK OR EXPRESS JUDGMENT DURING YOUR INTERACTIONS WITH OTHER PEOPLE.



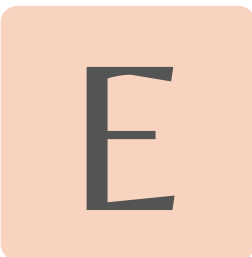
INTERESTED

LISTEN AND LOOK INTERESTED IN THE OTHER PERSON. SHOW INTEREST IN OTHER PEOPLE'S POINT OF VIEW BY LISTENING WITHOUT INTERRUPTING.



VALIDATE

SHOW OTHER PEOPLE THAT YOU UNDERSTAND BY VALIDATING THEIR THOUGHTS AND FEELINGS. TRY TO RECOGNIZE WHEN YOU ARE DEMANDING, AND RESPECT THEIR OPINIONS.



EASY MANNER

BE LIGHT HEARTED, SMILE AND SHOW AN EASY MANNER BY USING A LITTLE HUMOR. LEAVE YOUR ATTITUDE AT THE DOOR.

DBT INTERPERSONAL EFFECTIVENESS SKILLS

F.A.S.T

F.A.S.T. WILL HELP YOU ACHIEVE SELF-RESPECT
EFFECTIVENESS

F

FAIR

BE MORE FAIR TO YOURSELF AND TO OTHERS. VALIDATE YOUR OWN FEELINGS AND WISHES, AS WELL AS THE FEELINGS AND WISHES OF OTHER PEOPLE.

A

APOLOGIES

STOP MAKING UNNECESSARY APOLOGIES, YOU DO NOT NEED TO APOLOGISE FOR HAVING AN OPINION, OR DISAGREEING.

S

STICK TO YOUR VALUES

BE CLEAR ON WHAT YOU BELIEVE IS THE MORAL OR VALUED WAY OF THINKING AND ACTING. DON'T CHANGE YOUR VALUES JUST TO BE LIKED. STAND UP FOR WHAT YOU BELIEVE IN.

T

TRUTH

AVOID DISHONESTY. BE TRUTHFUL BY AVOIDING EXAGGERATIONS, EXCUSES, AND LIES.