Week 7: DBT Homework Worksheet: Practicing DEAR MAN Skill Focus: Interpersonal Effectiveness – Using DEAR MAN

Objective: Practice using the DEAR MAN technique in a real-life interaction to effectively communicate your needs while maintaining self-respect and relationships.

communicate your needs while maintaining self-respect and relationships. Part 1: Plan Your DEAR MAN Interaction
1. Identify the situation:
What situation or conversation do you need to address?
Who will you be communicating with?
2. Outline your DEAR MAN response:
Describe: What is the situation or issue?
• Express: How do you feel about it?
Assert: What do you need or want to happen?
Reinforce: Why is it beneficial for both of you?
Mindful: How will you stay focused during the conversation?
 Appear confident: What body language and tone will help you remain confident?
Negotiate: Are you willing to compromise? If so, what are your limits?

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1. How did the conversation go?
What was the other person's response?
Did you feel heard and understood?
2. What worked well?
Which part of DEAR MAN felt most effective?
Did you notice any changes in how the other person responded to you?
3. What challenges did you face?
Did you struggle with any part of the technique?
How did you handle any resistance or negotiation?
4. What would you do differently next time?
How can you improve your communication in future interactions?

DEARMAN TECHNIQUE

DEAR MAN teaches a strategy for effective communication. Using this skill, clients learn to express their needs and wants in a way that is respectful to themselves and others, increasing the likelihood of positive outcomes.



DESCRIBE

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



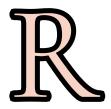
EXPRESS

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



ASSERT

Express your needs directly. Avoid being vague; instead, be strong and precise.



REINFORCE

Acknowledge and reward individuals who respond positively. Illustrate the beneficial outcomes of achieving their wants or needs.



MINDFUL

Maintain your position and keep your mind on your goals. Don't lose focus of the objective of the interaction.



APPEAR

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



NEGOTIATE

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