

## 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.

#### 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?

## **Week 7: DBT Homework Worksheet: Practicing DEAR MAN**

### **Skill Focus: Interpersonal Effectiveness – Using DEAR MAN**

#### **Part 2: Reflection on the Interaction**

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.

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

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

R

## REINFORCE

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

M

## MINDFUL

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