

Week 8: DBT Homework Worksheet: Practicing GIVE & FAST

Skill Focus: Interpersonal Effectiveness – Using GIVE or FAST

Objective: Practice using the GIVE or FAST technique in a real-life interaction to maintain positive relationships (GIVE) or self-respect (FAST).

Part 1: Plan Your Interaction

1. Choose Your Approach:

- **GIVE** (for maintaining relationships)
 - **Gentle** – Stay kind, avoid judgment.
 - **Interested** – Show you care about the other person's perspective.
 - **Validate** – Acknowledge their feelings and experiences.
 - **Easy manner** – Keep a relaxed, approachable tone.
- **FAST** (for maintaining self-respect)
 - **Fair** – Be fair to both yourself and others.
 - **Apologies** (only when necessary) – Don't over-apologize.
 - **Stick to your values** – Stand firm in what matters to you.
 - **Truthful** – Be honest and authentic.

2. Identify the Situation:

- What was the situation where you used GIVE or FAST?

- Who did you interact with?

3. Outline How You Will Use GIVE or FAST:

- Which skill are you using (GIVE or FAST)?

- How will you apply each step of the skill?

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Part 2: Reflection on the Interaction

1. How did the conversation go?

- What was the other person's response?
- Did you feel confident and in control?

2. What worked well?

- Which part of GIVE or FAST 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 difficulties?

4. What would you do differently next time?

- How can you improve your interpersonal effectiveness in future interactions?

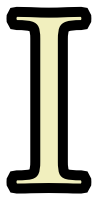
GIVE SKILL

The GIVE skill is useful in every interpersonal relationship. Whether it's your first time meeting this person or if you have been in a relationship with them for a long time GIVE will help to build and maintain positive relationships.

A large, stylized letter 'G' with a thick black outline and a light blue fill.

GENTLE

Be more gentle and treat the other person with respect. Don't threaten, attack, or express judgment during your interactions with other people.

A large, stylized letter 'I' with a thick black outline and a light yellow fill.

INTERESTED

Listen and look interested in the other person. Show interest in other people's points of view by listening without interrupting.

A large, stylized letter 'V' with a thick black outline and a light orange fill.

VALIDATE

Show other people that you understand by validating their thoughts and feelings. Try to recognize when you are demanding, and respect their opinions.

A large, stylized letter 'E' with a thick black outline and a light blue fill.

EASY MANNER

Be relaxed and light-hearted, smile, and show an easy-going manner using a little humor - You will be more approachable. Leave your attitude at the door.

FAST SKILL

FAST is about maintaining self-respect during conflict. It requires you to be truthful about the problems (even if you are tactful about how you frame them) and not to sacrifice your values or integrity. You'll want to use these skills in sequential order and all together.

F

FAIR

Be fair to yourself and others. Validate your feelings and wishes, as well as those of others. Being fair means not using dramatic or judgmental words.

A

APOLOGIES

STOP making unnecessary apologies; you do not need to apologize for having an opinion or disagreeing. However, this doesn't mean you never apologize.

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. Instead, stand up for what you believe in.

T

TRUTH

Avoid dishonesty. Be truthful by avoiding exaggerations, excuses, and lies. Are you exaggerating the situation? Are you minimizing it? Are your words true?