

## Boost Your Social Skills With 3 DBT Techniques

DBT teaches different skills to self-check and modify our own behavior in the moment. Below, find three easy-to-remember phrases that will help your social skills with minimal effort:

DEAR MAN, GIVE, and FAST.

### **DEAR MAN:** "The most effective way to make a request"

**D**escribe the facts at hand

**E**xpress your point of view

**A**ssert what you'd like

**R**einforce the connection between you and the other person

**M**indfully stay in the moment and avoid bringing the past into this situation

**A**ppear confident

**N**egotiate with the other person to reach an agreement

### **GIVE:** Healthy conversation-making checklist

**G**entle: am I expressing myself gently?

**I**nterested: am I expressing interest in what the other person's saying?

**V**alidate: am I validating what the other person's saying, where appropriate?

**E**asy manner: am I maintaining an easy manner, not getting worked up or hostile?

### **FAST:** Boundaries and self respect in conversations

**F**air: am I being fair to both myself and my partner in conversation?

**A**pologies / no apologies: apologize if you've wronged the other person, but don't apologize for setting boundaries or making a request

**S**tick to your values: try to find a solution that doesn't violate your values

**T**ruthful: be truthful and don't give up on the conversation