



March 2023

This month in DBT group, we will begin focusing on Interpersonal effectiveness skill. Interpersonal effectiveness skills are designed to help you get what you need from relationships while being respectful to yourself and others. Interpersonal effectiveness skills help us to take care of our relationships, balance your needs with other's demands, balance your "wants" with your "shoulds", and build mastery and self-respect.

be **G** Gentle. Be nice, no attacks, no threats, no judgment.

act **I** Interested. Listen to the other person, don't interrupt, and don't assume.

V Validate. Convey understanding, verbally and nonverbally, and acknowledge other's emotions.

E Easy manner. Smile, be light hearted, use a little humor.

Helps to create/maintain a healthy relationship.

be **F** Fair to yourself and the other person. No judging.

no **A** Apologies. Don't apologize for making a request, having an opinion, or disagreeing.

S Stick to your values. Don't compromise your values just to be liked or to get what you want.

be **T** Truthful. Don't lie, exaggerate, or make excuses, or act helpless when you are not.

Helps you maintain your self-respect and work toward a peaceful resolution.

D Describe the situation without judgment, stick to the facts.

E Express your feelings about the situation. Use "I" statements.

A Assert yourself by stating what you want or need, or saying "no" clearly.

R Reinforce or reward the other person if they respond well. (ex: a smile or thank you)

M Mindful. Keep your focus on what you want. Don't get side tracked by other issues.

A Appear confident. Good eye contact, good posture, and confident voice.

N Negotiate. Be open to negotiation. Ask for the other person's input.

Basic steps to end a destructive or interfering relationship:



Decide to end relationships in Wise mind, never Emotional mind.



If the relationship is important and not destructive, and there is reason to hope it can be improved, try problem solving to repair a difficult relationship.



Cope ahead to troubleshoot and practice ending the relationship ahead of time.



Be direct. Use DEAR MAN, GIVE, and FAST interpersonal skills.