

Communicating Your Wants and Needs to Others DBT Worksheet

Name:

Objective: To become more effective in communicating your wants and needs to others.

Instructions: Think about a recent situation where you had difficulty communicating your thoughts and needs to another person. After each brief description, write down your ideas about how you could have used the DEAR MAN skills from DBT to improve the communication.

Situation: Describe the situation briefly. What was the context, who was involved, and what was the challenge in expressing your wants or needs?

DEAR MAN Skills

D - Describe: State the facts of the situation without emotions.

E - Express: Express your feelings openly.

A - Assert: Clearly state your want or need.

R - Reinforce: Explain the benefits for both parties.

M - Mindful: Stay present and focused.

A - Appear Confident: Project confidence in your tone and posture.

N - Negotiate: Be open to compromises.

Reflections: Which DEAR MAN skills did you find the most effective? Explain.

Which parts of the DEAR MAN skills did you find difficult to apply? Please provide some explanation.

Were there any unexpected or surprising reactions from others when you used the DEAR MAN skills to express your needs? Could you share more about this experience?

Empathy Swap

Objective: Understand the other person's perspective.

Instructions: Imagine yourself in the other person's shoes. What might they be feeling or needing? Write down their potential wants or needs based on your understanding.

Other person's feelings or needs:

Other person's feelings or needs:

Other person's feelings or needs:

Reflection: Reflect on how considering the other person's perspective changes your approach to communication. How does this activity impact your understanding and empathetic communication?

What did you learn from the exercises?

This worksheet draws inspiration from "The DBT Homework Assignment Workbook" by Elyse Pipitone, LCSW, and Angela M. Doel, MS, offering a practical tool to enhance communication skills through the DEAR MAN framework in line with their therapeutic approach.