## DEARMAN DBT Worksheet

| Name | Date |
| :--- | :--- |
| Alex | Smith |

Select an interpersonal difficulty that you have faced or are currently confronting. Then, answer the questions posed in each step to create a strategy for communicating about this matter with others.

Describe - Describe the facts of the situation clearly, without any opinions or interpretations My roommate doesn't clean up after themselves in common areas of the apartment.

Express - Express your emotions using "I feel $\qquad$ when $\qquad$ "

I feel frustrated and disrespected when I'm always the one who ends up cleaning up after my roommate. My need is for a clean and tidy living space, and my expectation is that my roommate should be responsible for their fair share of the cleaning.

Assert - Write down the specific language you will use when expressing your needs I would like to ask my roommate to start cleaning up after themselves in common areas of the apartment, specifically by doing the dishes, wiping down counters, and vacuuming the living room once a week.

Reinforce - Describe how you will reward the other person for responding well to you If my roommate starts cleaning up after themselves, we will both have a cleaner and more comfortable living space. It will also help us maintain a better relationship by preventing conflicts and resentments over cleaning responsibilities.

Mindfulness - Describe your goal of this interaction, and things that may distract you from this goal I can take deep breaths to stay calm and avoid raising my voice or using accusatory language. I can also use "I"statements to express my needs and feelings in a non-confrontational way.

Appear confident - Describe the body language you would use to show confidence (i.e. posture, eye contact, voice) I can maintain eye contact, use a clear and assertive tone of voice, and avoid apologizing or minimizing my needs.

Negotiate - Describe the limits that you are willing to comprise within
I can listen to my roommate's perspective and be open to finding a compromise that works for both of us, such as dividing cleaning responsibilities more evenly or setting up a cleaning schedule.

