

DEARMAN DBT Worksheet

Name	Date
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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

Express - Express your emotions using "I feel _____ when _____"

Assert - Write down the specific language you will use when expressing your needs

Reinforce - Describe how you will reward the other person for responding well to you

Mindfulness - Describe your goal of this interaction, and things that may distract you from this goal

Appear confident - Describe the body language you would use to show confidence (i.e. posture, eye contact, voice)

Negotiate - Describe the limits that you are willing to compromise within