

**Using Dialectical Behavior  
Therapy skills to deal with  
difficult parents**



- **Relationship Effectiveness**

Refers to communicating respect for the other person's thoughts/feelings

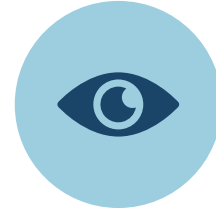
## **Self-Respect Effectiveness**

Refers to communicating respect for yourself to others using FAST skills.



## Interested

Show others you are **interested** by using eye contact, affirmative nodding, listening and reflecting back the main points of what the other says.



## Validate

**Acknowledge** the feelings expressed by the other person. Acknowledge does not mean agree but it indicates your understanding.

# Self-Respect Effectiveness Skills

Creating boundaries that allow you to  
communicate effectively AND protect yourself.





“You can be a good person with a kind heart and still say NO to people.”



# Self-Respect Effectiveness Skills

## F.A.S.T

### Fair

Be fair and objective in your descriptions and requests. Consider the other persons wants and needs as well as your own. Check the facts.

Communicate clearly. Have your policies and protocols in writing and enforce them objectively.

# Self-Respect Effectiveness Skills

## F.A.S.T

### No Apologies

Do not apologize for asserting yourself or making a request. Do not apologize for the way you feel or for having a different point of view.

You have already validated the way that they feel. You do not need to apologize for enforcing your policies or for making a decision that they do not like or do not agree with.

# Self-Respect Effectiveness Skills

## F.A.S.T

### Stick to Your Values

Know what your personal values, ethics and morals are and do not compromise them for the sake of avoiding conflict or appeasing others.

This is tricky. What is “best” for one family or one child is not always best for the group. You have to see the forest through the trees and parents do not.



# Self-Respect Effectiveness Skills

## F.A.S.T

### Truthfulness

Stick to the facts and avoid exaggerating, embellishing or making judgemental statements.



# Putting it in Action

