

Interpersonal Effectiveness Skills

Dialectical Behavior Therapy

Think about conversations that have been challenging for you or a hard situation that you know is coming up. Use the GIVE/FAST prompts to help you develop a “communication script.” Practice your GIVE/FAST script after you finish composing it either by rehearsing aloud by yourself or by getting someone to roleplay with you. After applying your script to the situation, note whether you think the script was helpful or not.

Relationship Effectiveness - G.I.V.E. Skills

When you communicate respect for the other person’s thoughts and feelings.

Gentle: Describe ways you can communicate gently.

Interested: How can you show the other person you are interested in what he/she says?

Validate: How can you validate others’ emotions?

Easy Manner: Describe ways you can communicate with an easy manner

Self-Respect Effectiveness - F.A.S.T. Skills

When you communicate respect for your values and beliefs.

Fair: What is fair to you in this situation?

Apology Free: Describe what your urge to apologize might be in this situation.

Stick to Values: What are your values in this situation?

Truthful: What are the facts you need to stick to?