

Dear man give fast pdf

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
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Reinforce. Stick to the facts. Be respectful, kind, and courteous. Describe PDF File. Appraisal judgments. —) Writing Out Interpersonal Effectiveness Scripts Due Date: Name: Week Starting: Fill out this sheet before you practice your DEAR MAN, GIVE FAST interpersonal skills. Try using and where you would normally use but, especially when or DEAR MAN Goal: Get or keep a good relationship. Reinforce or reward the person ahead of time: explain consequences. Practice saying your "lines" out loud, and also in your mind DEAR MAN Skill. Mindfully keep your focus on your objectives: don't be distracted Assert. Express. Tell the person exactly what you are reacting to. to your relationship Effectiveness GIVE skills communicate respect for the other person. For example: "You told me you would be home by dinner but you didn't get here until ". INTERPERSONAL EFFECTIVENESS WORKSHEET (Interpersonal Effectiveness Handouts 5, 6, 7; pp. Don't expect others to read your mind. Refrain from people. The DEAR MAN skill is intended to help us develop effective interpersonal communication that will help us get our needs met and develop healthy relationships with others SCRIPT IDEAS for DEAR MAN, GIVE FAST Describe situation Express feelings/opinions Assert request (or say no) directly (circle the part you will use later There are three sets of skills you will learn to help achieve this goal: objective effectiveness, relationship effectiveness, and self-respect effectiveness. Express your feelings and opinions about the situation. Assert yourself by asking for what you want, or saying "No." clearly. Express your feelings and opinions about the situation Describe. Come prepared with alternatives. Let others know how a situation makes you feel by clearly expressing your feelings. Describe the current situation (if necessary). Negotiate. As you practice these skills you'll find that easy to compromise. Objective Effectiveness In dialectical behavior therapy (DBT), two techniques are commonly used to promote better communication: DEAR MAN and GIVE FAST. These are acronyms that represent sets You can use "DEAR MAN" to resolve a conflict or make a request in a respectful and effective way that maintains a relationship. Mindful. Try using this line: "I feel ___ because ___."

 Difficulté Moyen

 Durée 492 heure(s)

 Catégories Art, Électronique, Machines & Outils, Jeux & Loisirs, Robotique

 Coût 561 EUR (€)

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