





DESCRIBE

The Situation Objectively



MINDFULLY

Don't React From Emotion Mind



EXPRESS

How This Situation Is Affecting You



APPEAR CONFIDENT

But Not Confrontational



ASSERT

Make Your Expectations Known



NEGOTIATE

Compromise Where Possible



REINFORCE

Dan & Tasha Tonning, 2017 (R) DBT Skills Application (Peers helping Peers)

May be used for therapy / Not for commercial use

Explain Why You Want This