

GIVE

G

– (be) **GENTLE**

Be considerate. Do not attack, threaten or judge. Be willing to accept “No.”

I

– (act) **INTERESTED**

Act interested in what the other person has to say and focus on staying in the moment.

V

– **VALIDATE**

Acknowledge (without judging) the other person’s problems, feelings, desires or opinions.

E

– (use an) **EASY MANNER**

Just smile! Try softening your approach instead of using a “hard sell.”

FAST

F

– (be) **FAIR**

Be fair, not just to the other person, but also be fair to YOURSELF!

A

– (no) **APOLOGIES**

No unjustified apologies. Don’t apologize for having your own opinion, or needs.

S

– **STICK TO VALUES**

Don’t compromise or abandon your OWN VALUES to try to please others or conform.

T

– (be) **TRUTHFUL**

Don’t lie, exaggerate, or stretch the truth.

Don’t make excuses. © Dan & Tasha Tonning, 2017 ® DBT Skills Application (Peers helping Peers)

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