

The background is black with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The main text is centered in white, bold, sans-serif font.

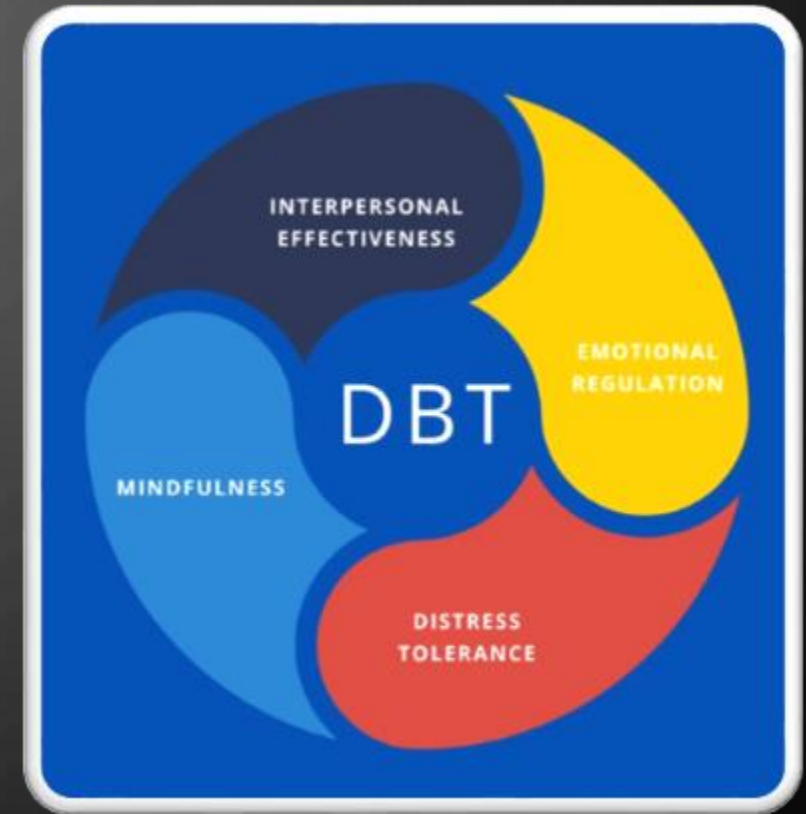
DBT – INTERPERSONAL EFFECTIVENESS: ASSERTIVENESS SKILLS (DEAR MAN)

SEPTEMBER, 2003

LA CHEIM BEHAVIORAL HEALTH SERVICES

DIALECTICAL BEHAVIORAL THERAPY

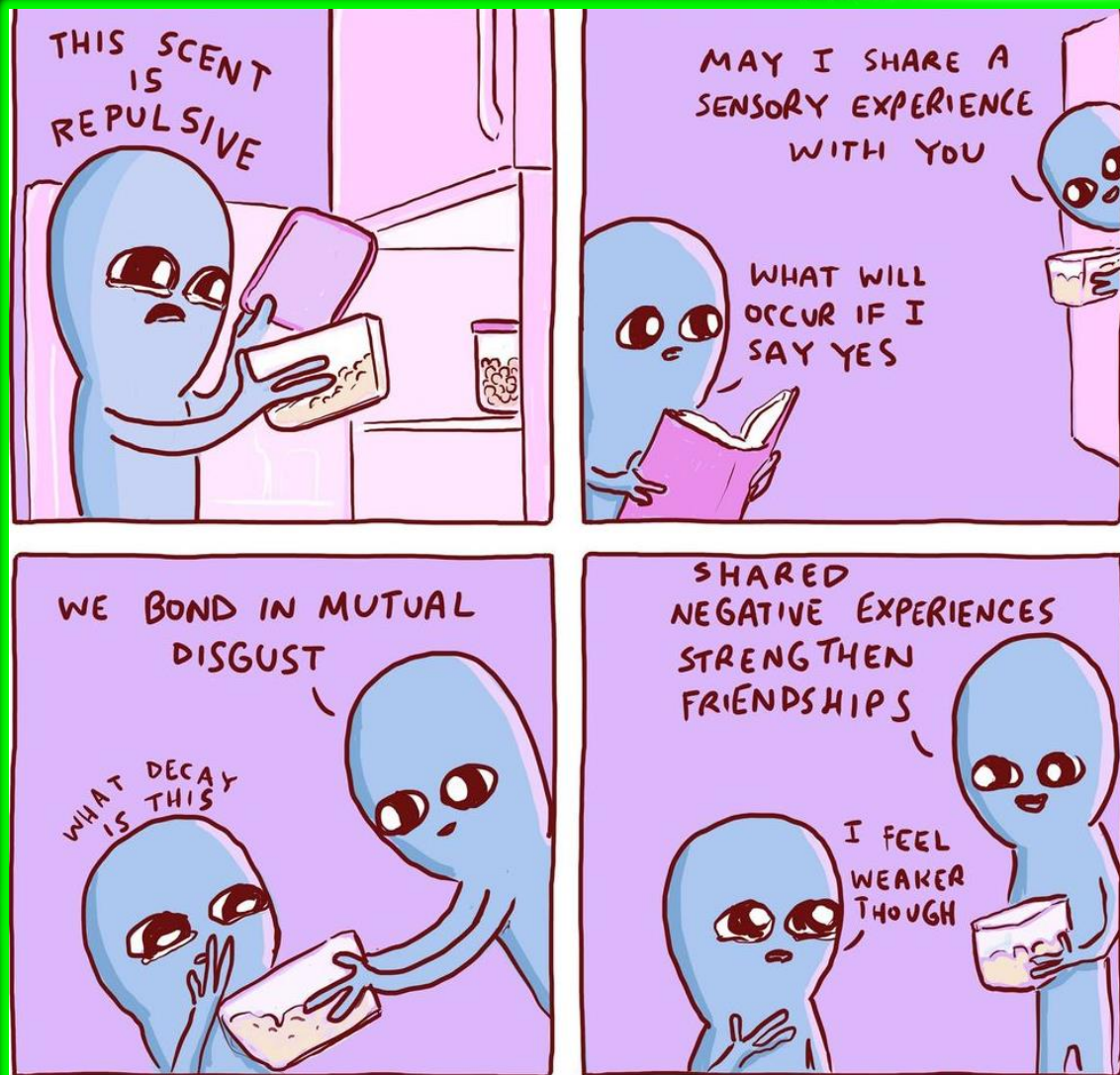
- DEFINITION: EVERYTHING IS FUNDAMENTALLY COMPRISED OF OPPOSITES – AND THE HEALING COMES IN EXPLORING THE MIDDLE SPACES IN THE DIALECTIC
- PURPOSE: DESIGNED TO HELP US BETTER RESPOND TO COPE WITH **EXTREME SETS OF EMOTIONS** - VERY REPETITIVE – NECESSARY FOR REWIRING OUR BRAIN
- VERY RESEARCH-BASED, COMMONALITIES WITH **CBT**...BUT WHEN THE **STAKES ARE HIGHER** AND REFRAMING OF THOUGHTS IS **TOO DIFFICULT**



DBT

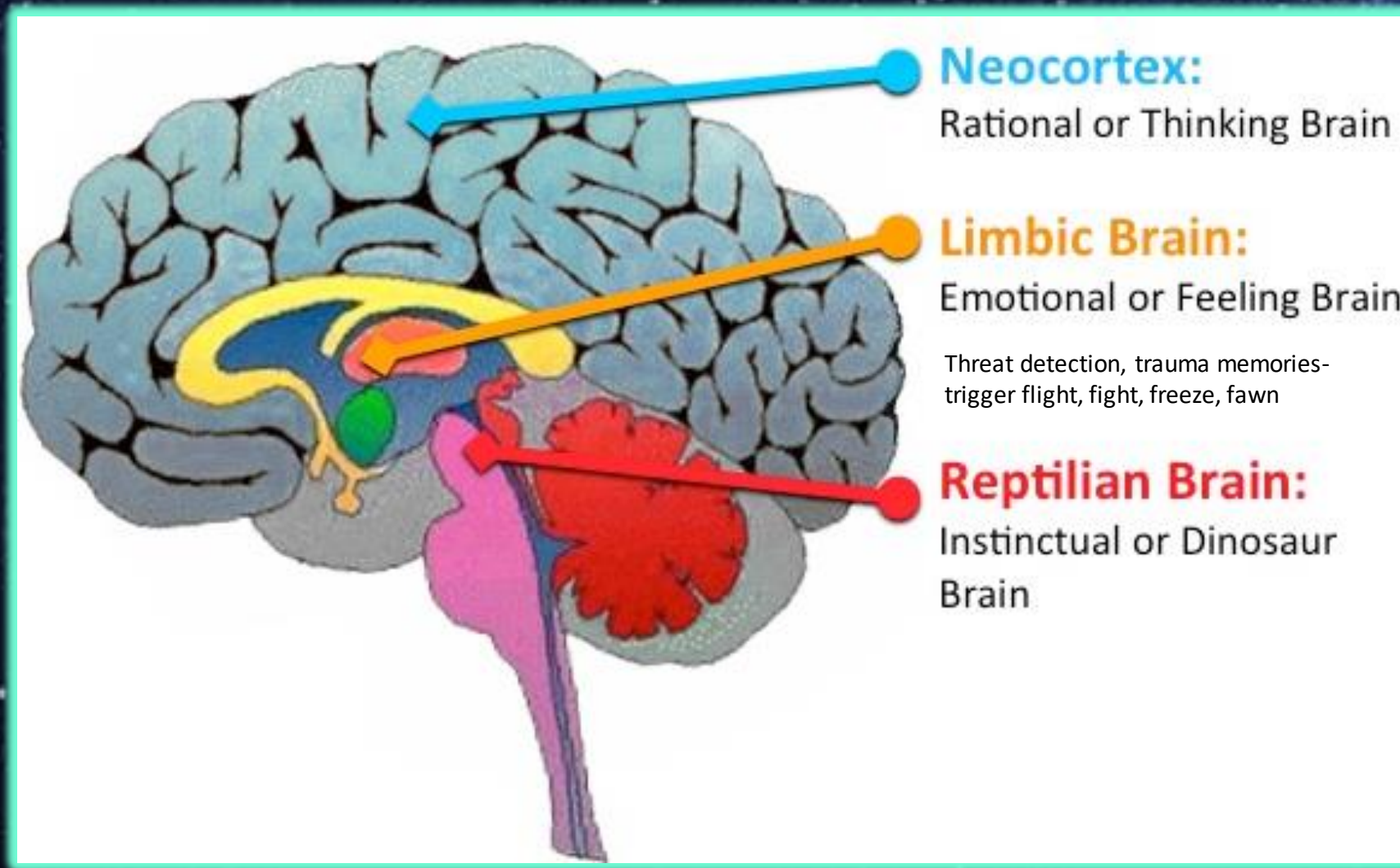
- MOST OF THE SKILLS INVOLVE TAKING A **PAUSE**
- HELPS **DISARM** THE THOUGHT THAT WE'RE A HORRIBLE PERSON (THAT PEOPLE MAY HAVE BEEN REINFORCING OUR ENTIRE LIFE) - OR THAT OTHER PEOPLE ARE HORRIBLE PEOPLE
- **MOST USEFUL:**
 - WHEN WE NEED TO BUY TIME,
 - TO PREVENT THINGS COME GETTING WORSE,
 - TO HELP WHEN OUR EMOTIONS ARE TELLING US TO DO SOMETHING EXTREME - SOMETHING WE'LL LATER REGRET
- STARTING POINT IS **WISE MIND...**

Interpersonal Effectiveness



DBT Skills Group – Topic 6

Triune Model of the Brain: Wired to Maintain Relationships?



Interpersonal Effectiveness- Key Ideas

- Timing, dose, and approach
- Be aware of “all or nothing” thinking or goals
- Move from reactive conversations to proactive, deliberate

Group Exercise

Recall a recent situation where you wanted something from someone:
friend, partner, colleague, family member, provider, etc.

Goals: What did or do you want to come from discussion in terms of:

- Concrete results (and why, so what)
- Your relationship with the other person
- Your self respect/health

How do you rate the relative importance of these three items?

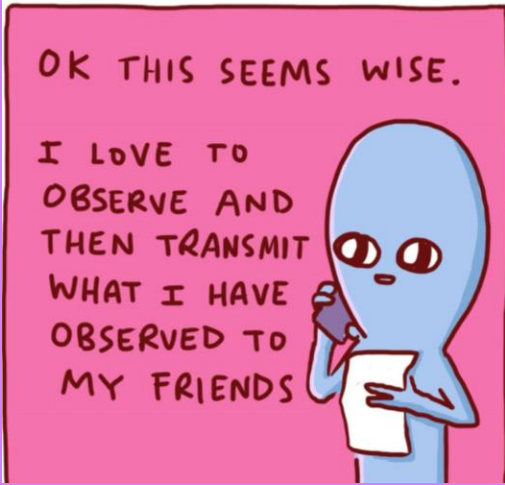
- (rank 1-3) for concrete results, relationship goals, self-respect

How might this shape your future conversation(s)?

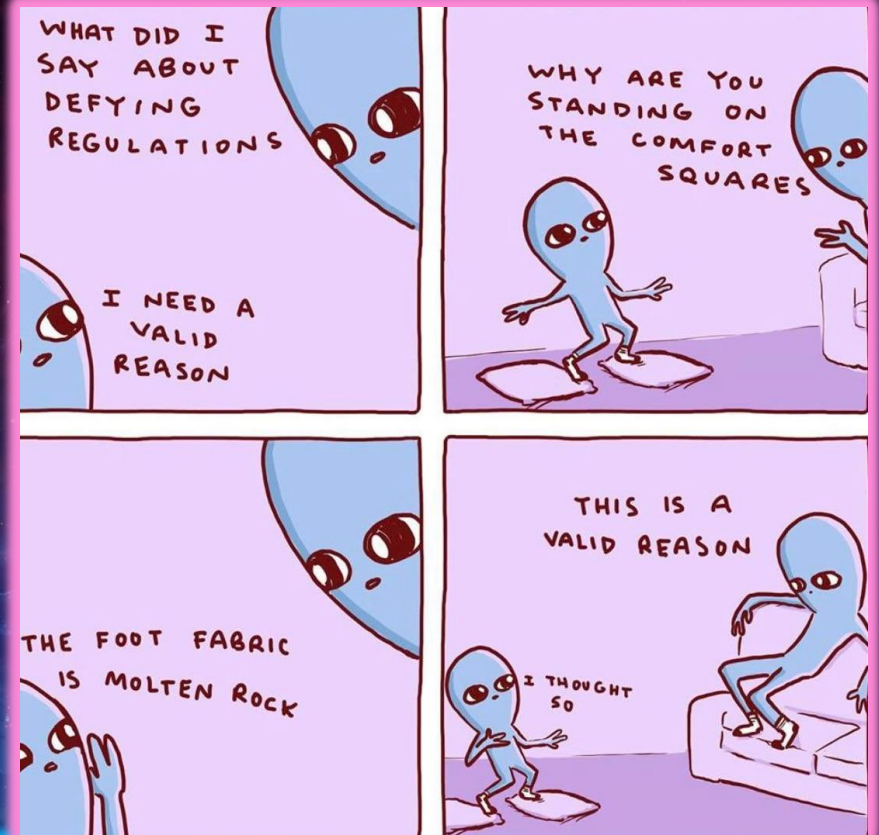
- Timing, approach, dose

What would you have done differently?

Asserting ourselves: DEAR MAN



- Describe
- Express
- Assert
- Reinforce



- Stay Mindful
- Appear Confident
- Negotiate

DBT SKILL: DEARMAN



Link for DEAR MAN video

<https://www.youtube.com/watch?v=EC-M59r-0jg>

DEAR MAN BEST PRACTICES

- **Describe**
- **Express**
- **Assert**
- **Reinforce**

- **(Stay) Mindful**
- **Appear Confident**
- **Negotiate**

- WHAT BEHAVIORS AND MINDSETS HELP YOU ASSERT YOUR NEEDS IN A WAY THAT YOU FEEL GOOD ABOUT?