

Name: _____

DBT Interpersonal Effectiveness/ Positive Relationships

S M I L E T O H E L P S O M E O N E A L O N G L
N O I T A U T I S E H T E B I R C S E D F L T E
U B Y H C K M D O N T E X A G G E R A T E L H E
U Q O H Y F N L I H R D J C U I D E Q S V X A F
T P U R R E T N I T N O D D L S A U R T B S T U
G E Y K J Y E R Z S M X D T E S D Z D A E T M O
K F J C L A O C P L W E N A Y F X O R Y W I U Y
R D K E W E O O G U A O A M R L N S O M I C S W
J E V M Y K S E G R D N A G Y T G J M I L K T O
X I W Z B T C M M Y O N A A M N V D U N L T H H
G D F A S V Q A H A N W S A I Z E E H D I O A D
O D P F R Q N H T E O T K L U T G E R F N Y V N
S R V D O D L T R H A E E V S F T R Y U G O E A
T E A D W V A P Z E U E R E K L B A E L T U B T
N S L F Z C A H R P F H R E L H W C T A O R E S
E P I A K W Q H E S S E L I Q B O D A N G V E R
M E D S S O T X S A T R G F I C H N I D I A N E
G C A V C O C E N N D E H C N O Q A T F V L T D
D T T R N U R F I P N O J X L O O N O O E U O N
U F E G S P J T D T V I F V H T I E G C T E U U
J U R E X C C R L B O R I T Y Y T T E U O S G N
O L S E T A P E R N L F G U I P T S N S G Q H A
N B E F A I R T O A L L F I Q M Y I L E E L Q C
V A J B E T R U T H F U L E H R E L H D T Z P I

SMILE TO HELP SOMEONE ALONG
THAT MUST HAVE BEEN TOUGH
REWARD A HEAD OF TIME
EXPRESS FEELINGS
DON'T INTERRUPT
NO JUDGMENTS
RESPECTFUL
NO ATTACKS
GENTLE
GIVE

I CAN UNDERSTAND HOW YOU FEEL
BE WILLING TO GIVE TOGET
DON'T MAKE UP EXCUSES
DON'T EXAGGERATE
ACT INTERESTED
BE TRUTHFUL
NEGOTIATE
VALIDATE
DEAR MAN

STAY MINDFUL AND FOCUSED
DESCRIBE THE SITUATION
STICK TO YOUR VALUES
LISTEN AND CARE
BE FAIR TO ALL
EASY MANNER
NO THREATS
DON'T LIE
HUMOR