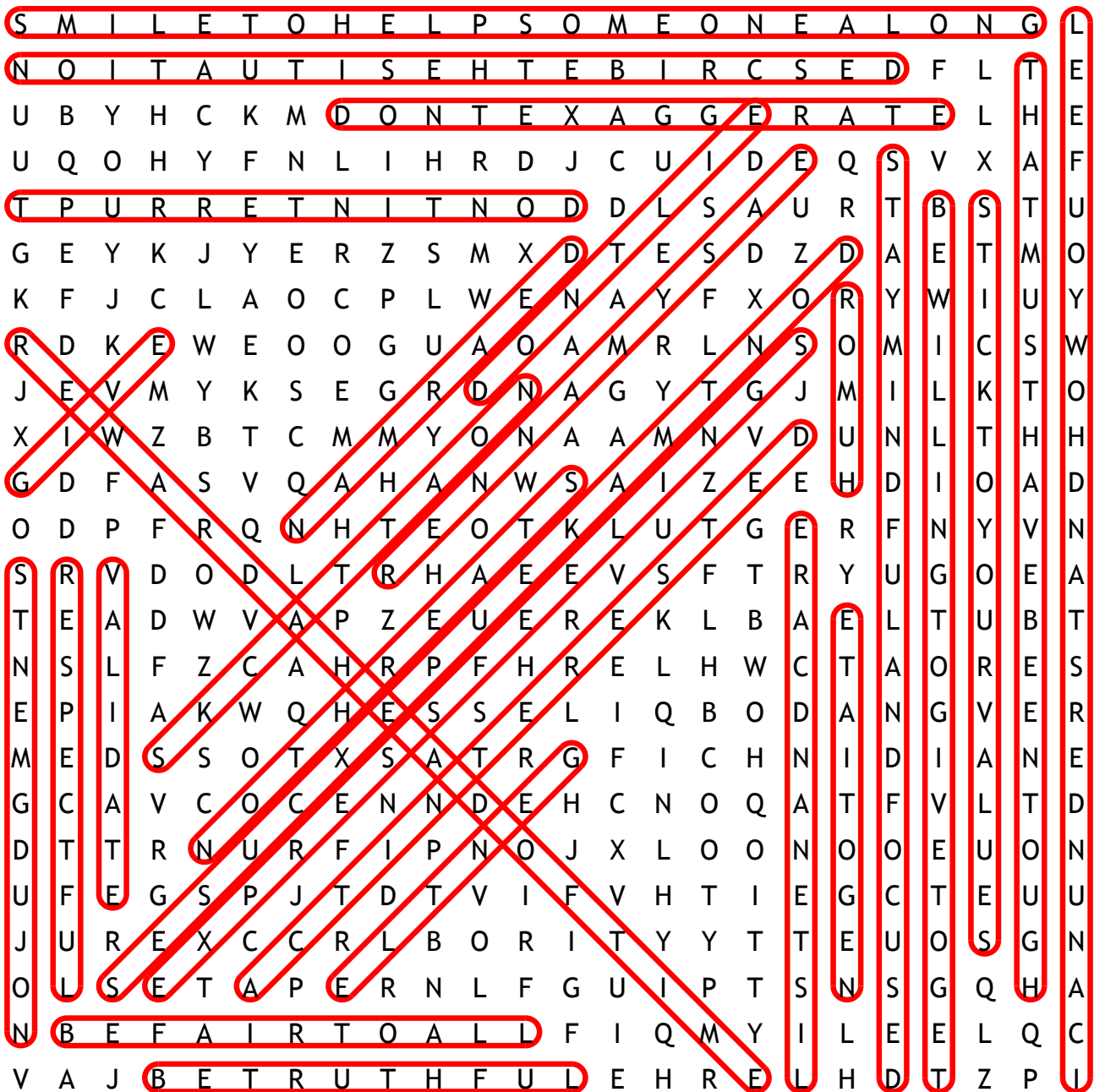


Name: \_\_\_\_\_

## DBT Interpersonal Effectiveness/ Positive Relationships



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

I CAN UNDERSTAND HOW YOU FEEL  
BE WILLING TO GIVE TOGETHER  
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