

DEAR Worksheet

Adapted from *DBT Skills Training Manual* by Marsha M Linehan

Use this worksheet to craft a thoughtful, respectful request



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Unhelpful version of a request

What's an unhelpful or knee-jerk way of phrasing your request? Writing it down will help you move past it.

1 Describe

Describe the situation. Stick to the facts.

2 Express

Express your feelings by using "I" statements like "I feel ...," or "I would like ...". Don't assume the other person knows how you feel. Avoid "You should ...".

3 Assert

Say what you want or say "no" clearly. Focus on what you want them **to do**. Remember, the other person cannot read your mind.

4 Reward

Reward (or reinforce) the person ahead of time by explaining the positive effects of getting what you want.