

DBT WORKSHEET

DEAR MAN — asking for what you need

A script for the conversation you've been rehearsing in the shower. Write it down once, then say it once.

D	Describe	The situation, in plain facts. No interpretation yet.
E	Express	How you feel about it. Use “I feel,” not “you make me.”
A	Assert	What you'd like. Ask clearly. Say no clearly.
R	Reinforce	What's in it for them — the relationship, the outcome.
M	Mindful	Stay on point. Don't get pulled into old fights.
A	Appear confident	Steady voice, steady eyes. Even if it's borrowed for now.
N	Negotiate	Offer a middle path. Be willing to give a little.

Draft your script

Describe — what happened, in facts:

Express — how it left you feeling:

Assert — what you're asking for, in one sentence:

Reinforce — why it's good for both of you:
