

Interpersonal skills

- ✓ Objective effectiveness
- ✓ Relationship effectiveness
- ✓ Self- respect



A thin vertical white line is positioned on the left side of the image. In the bottom-left corner, there is a decorative pattern of several overlapping, wavy white lines.

DBT TECHNIQUE: D.E.A.R.M.A.N.



D. DESCRIBE

E. EXPRESS

A. ASSERT

R. REINFORCE

M. MINDFUL

A. APPEAR CONFIDENT

N. NEGOTIATE



D.E.A.R.M.A.N.

D.DESCRIBE

DESCRIBE CLEARLY THE SITUATION/WHAT YOU WANT IN A
NON JUDGMENTAL WAY



D.E.A.R.M.A.N.

E.EXPRESS

EXPRESS YOUR FEELINGS SO OTHER PEOPLE
CAN UNDERSTAND YOU



D.E.A.R.M.A.N.

A. ASSERT

SAY WHAT YOU MEAN TO SAY CLEARLY IN A NICE WAY



D.E.A.R.M.A.N.

A. ASSERT

EXPLANE WHY YOU FEEL SOMETHIG



D.E.A.R.M.A.N.

R. REINFORCE

REEMPHASISE WHY DO YOU WANT WHAT YOU WANT



D.E.A.R.M.A.N.

R. REINFORCE

WHAT ARE YOUR BIG NEEDS?



D.E.A.R.M.A.N.

M. MINDFUL

STAY MINDFUL ON YOUR GOAL



D.E.A.R.M.A.N.

A. APPEAR

BE AWARE OF YOUR BODY LANGUAGE, VOICE TONE, AND EYE
CONTACT-APPEAR CONFIDANT



D.E.A.R.M.A.N.

N.NEGOTIATE

BE OPEN TO GIVING AND TAKING. BE WILLING TO NEGOTIATE





write your reflections on this lecture:

