



DBT TECHNIQUE: GIVE



Interpersonal skills

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





RESEARCHES HAVE SHOWN -PEOPLE WHO LIVE
THE LONGEST AND HAPPIEST LIVES ARE THE ONES
WHO HAVE STRONG RELATIONSHIP WITH PEOPLE
THEY CARE ABOUT



G - GENTLE
I - INTERESTED
V - VALIDATE
E - EASY

G.I.V.E

G - GENTLE

INTERACT IN A GANTLE WAY WITH OTHERS



G.I.V.E

I - INTERESTED

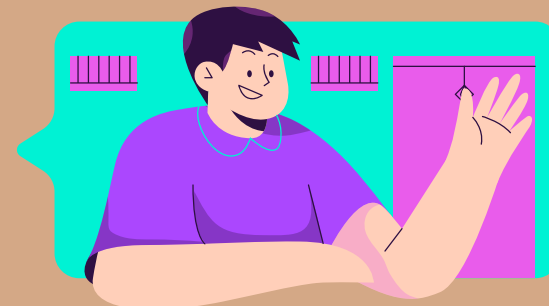
DEMONSTRATE INTEREST. PAY ATTENTION TO THE OTHER PERSON.
LISTEN



G.I.V.E

V - VALIDATE

VALIDATE OTHER'S FEELINGS, PERSPECTIVES AND WISHES



G.I.V.E

E - EASY

ADOPT AN EASY ATTITUDE, SMILE AND USE AGREEABLE TONE





write your reflections on this lecture:

