

DBT Skill DEARMAN Worksheet

Describe — the situation in a simple way.

Express — What you would like.

Assert — why this is important to you in a way that is respectful and not aggressive.

Reinforce — when you do get what you asked for.

Mindful — Stay at that moment. Don't worry about the past or future.

Appear Confident — Securely approach the situation.

Negotiate — Negotiate to find a happy middle ground for both parties.
