

DBT THERAPY WORKSHEETS:Version 2

Use the GIVE skill to have healthy relationships.

GENTLE, Use appropriate language, no verbal and physical attacks

INTERESTED, When somebody talks to you be interested in it, don't look here and there, avoid interruptions and distractions

VALIDATE, Show that you understand other person's emotions & sympathize with them

EASY MANNER, Be calm and comfortable during the conversation, use humor & smile.
