DBT – INTERPERSONAL EFFECTIVENESS: ASSERTIVENESS SKILLS (DEAR MAN)

SEPTEMBER, 2003

LA CHEIM BEHAVIORAL HEALTH SERVICES
DIALECTICAL BEHAVIORAL THERAPY

- **Definition:** Everything is fundamentally comprised of opposites – and the healing comes in exploring the middle spaces in the dialectic.

- **Purpose:** Designed to help us better respond to cope with extreme sets of emotions - very repetitive – necessary for rewiring our brain.

- **Very research-based,** commonalities with CBT...but when the stakes are higher and reframing of thoughts is too difficult.
• MOST OF THE SKILLS INVOLVE TAKING A PAUSE

• HELPS DISARM THE THOUGHT THAT WE’RE A HORRIBLE PERSON (THAT PEOPLE MAY HAVE BEEN REINFORCING OUR ENTIRE LIFE) - OR THAT OTHER PEOPLE ARE HORRIBLE PEOPLE

• MOST USEFUL:
  • WHEN WE NEED TO BUY TIME,
  • TO PREVENT THINGS COME GETTING WORSE,
  • TO HELP WHEN OUR EMOTIONS ARE TELLING US TO DO SOMETHING EXTREME - SOMETHING WE’LL LATER REGRET

• STARTING POINT IS WISE MIND…
Interpersonal Effectiveness

DBT Skills Group – Topic 6
Triune Model of the Brain: Wired to Maintain Relationships?

Neocortex:
Rational or Thinking Brain

Limbic Brain:
Emotional or Feeling Brain
- Threat detection, trauma memories
  - trigger flight, fight, freeze, fawn

Reptilian Brain:
Instinctual or Dinosaur Brain
Interpersonal Effectiveness - Key Ideas

➢ Timing, dose, and approach

➢ Be aware of “all or nothing” thinking or goals

➢ Move from reactive conversations to proactive, deliberate
Group Exercise

Recall a recent situation where you wanted something from someone: friend, partner, colleague, family member, provider, etc.

Goals: What did or do you want to come from discussion in terms of:
- Concrete results (and why, so what)
- Your relationship with the other person
- Your self respect/health

How do you rate the relative importance of these three items?
- (rank 1-3) for concrete results, relationship goals, self-respect

How might this shape your future conversation(s)?
- Timing, approach, dose

What would you have done differently?
Asserting ourselves: DEAR MAN

GREETINGS –
I HAD TO SEND YOU MORE CURRENCY THAN USUAL AND I WANTED TO ASK WHY

OK THIS SEEMS WISE.
I LOVE TO OBSERVE AND THEN TRANSMIT WHAT I HAVE OBSERVED TO MY FRIENDS

You observed too much on your device.
I suggest you upgrade from "observe many things" to the "observe everything" plan

EXCELLENT!
This plan also includes infinite minutes to speak to those friends

Thank you I will not need this part

WHAT DID I SAY ABOUT DEFYING REGULATIONS
I NEED A VALID REASON

WHY ARE YOU STANDING ON THE COMFORT SQUARES
THIS IS A VALID REASON

THE FOT FABRIC IS MOLTED ROCK
I THOUGHT SO

Who has contacted you
I have been awarded a sea voyage

I am a seer
It is a deception
Regret sending that transmission
One usually does

➢ Describe
➢ Express
➢ Assert
➢ Reinforce
➢ Stay Mindful
➢ Appear Confident
➢ Negotiate
DBT SKILL: DEARMAN
Link for DEAR MAN video

https://www.youtube.com/watch?v=EC-M59r-0jg
DEAR MAN BEST PRACTICES

- **Describe**
- **Express**
- **Assert**
- **Reinforce**

- **(Stay) Mindful**
- **Appear Confident**
- **Negotiate**

- WHAT BEHAVIORS AND MINDSETS HELP YOU ASSERT YOUR NEEDS IN A WAY THAT YOU FEEL GOOD ABOUT?