DBT-MIND · FREE PRINTABLE

DEAR MAN Worksheet

Write your DEAR MAN script before a hard conversation: one clear ask, or one clear no, that you can say in under a minute.

INTERPERSONAL EFFECTIVENESS · DEAR MAN SCRIPT

Before you start

Who I am talking to, and when

What I want (or what I am saying no to)

What matters most this time (tick one)

☐ Getting what I ask for ☐ Keeping the relationship ☐ Keeping my self-respect

The seven steps

D Describe
Facts a camera could record. No labels.

E Express
One feeling, starting with "I".

A Assert
Ask clearly, or say no clearly. No hints.

R Reinforce
What gets better for them, or for you both.

M Mindful
Repeat your ask if the talk drifts.

A Appear confident
Steady voice, eye contact, no sorry.

N Negotiate
Know one trade you would accept.

My DEAR MAN script

WHAT I WILL SAY

D **Describe** "When ___ happened (date, place, what was said or done)..."

E **Express** "I felt ___" or "I am worried that ___"

A **Assert** "I would like you to ___" or "I am not able to ___"

R **Reinforce** "If we do this, ___"

HOW I WILL SAY IT (notes to myself)

Mindful: my one-sentence ask

Appear confident: how I sit and sound

Negotiate: a compromise I accept

Practice first: read the script aloud once, cut every "sorry" and "just", then role-play it with someone who pushes back.

Practice this on your phone with the free DBT-Mind app.
Scan to download for iPhone or Android. Full guide: dbt-mind.com/guides/dear-man

This sheet supports skills practice. It is not therapy or emergency care. **In danger right now?** Call or text 988 (US), call 112 (EU) or your local emergency number.

© 2026 DBT-Mind · Free to print and share for personal and clinical use.

DBT-MIND · INTERPERSONAL EFFECTIVENESS

Before and after the talk

Practice the script first. Afterwards, judge it by whether you asked clearly and kept your self-respect, not only by the answer.

Practice

☐ Read it aloud ☐ Cut the apologies ☐ Role-played it ☐ Practiced the hard moment (they change the subject or get annoyed)

What the other person might say, and my answer

If I get too upset to go on, I will (pause, take a break, come back later)

After the conversation

How it went (what I said, what they said, what we agreed)

What I noticed in myself (feelings, body, urges)

How it affected the relationship

Check (tick what is true)

☐ I asked clearly ☐ I stayed on my ask ☐ I kept my self-respect ☐ I got what I asked for, or a fair compromise

Next time, would a different priority lead? (getting what I ask for, the relationship, or my self-respect)

What I will practice next

> **A no is not a failure.** DEAR MAN raises your chances, it does not control the other person. A clear ask that gets refused still tells you something real about the relationship.

Practice this on your phone with the free DBT-Mind app.
Scan to download for iPhone or Android. Full guide: dbt-mind.com/guides/dear-man

This sheet supports skills practice. It is not therapy or emergency care. **In danger right now?** Call or text 988 (US), call 112 (EU) or your local emergency number.
© 2026 DBT-Mind · Free to print and share for personal and clinical use.