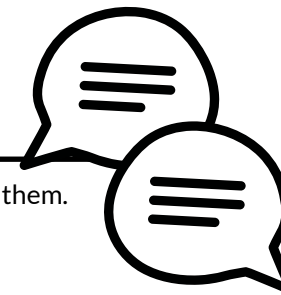


# DEAR MAN Skill Worksheet



The DEAR MAN strategy can help you communicate to your children what you want from them while keeping a healthy relationship with them. Use this worksheet to prepare for your next problem-solving conversation.

		Write yourself a script:
<b>D</b>	<b>Describe the situation.</b> Stick to the facts without judgment. <i>Example: "You've been getting home past curfew the last few weeks."</i>	
<b>E</b>	<b>Express your feelings.</b> Focus on I statements instead of you statements. <i>Example: "I worry when you are not home when I expect."</i>	
<b>A</b>	<b>Assert.</b> State what you want or set your boundaries clearly. <i>Example: "I would like you to be home by 10 p.m."</i>	
<b>R</b>	<b>Reinforce.</b> Explain the benefits and consequences of following the rules. <i>Example: "If you are home by curfew, you will be allowed to go out the next weekend. If not, you will lose your privilege of going out next weekend."</i>	
<b>M</b>	<b>Mindfulness</b> Stay focused on your goal and do not get distracted by arguments. Use the "broken record" skill and repeat what your limit is. <i>Example: "Yes, I hear you say you want to be out later. The rule is 10 p.m."</i>	
<b>A</b>	<b>Appear Confident.</b> Notice your body language and tone.	
<b>N</b>	<b>Negotiate.</b> If there is flexibility in your rule, compromise. <i>Example: "If there is another adult present, you can stay out until 11 p.m."</i>	

Adapted from Marsha Linehan's Dialectical Behavior Therapy