

# DEAR MAN

**A DBT Template on;  
How to ask for something while  
maintaining a good relationship**

**D**

## **Describe**

Set up the conversations using facts.

*EX: You have not cleaned your room in 2 weeks*

**E**

## **Express**

Your feelings using "I" statements

*Ex: When you don't clean your room I feel stressed*

**A**

## **Assert**

Ask for what you want. Be clear, concise, specific

*EX: I would like if you could have your clothes off of the floor every day*

**R**

## **Reinforce**

That the relationship is important and share what the other person can gain

*EX: This would make me less stressed and I know I am way more fun when I am less stressed*

**M**

## **Mindful**

Be present  
Don't bring up other instances  
Avoid distractions

**A**

## **Appear Confident**

Shows you are taking the conversation seriously

**N**

## **Negotiate**

Do they have an alternate solution?

*EX: Do you have any ideas on how we can solve this?*

*IS there a way I can help support you?*