

Toolbox Handout 13: GIVE



What are goals related to Relationship Effectiveness?

- 1. _____
- 2. _____

Self-Reflection: Are there relationships you currently take for granted, or could put more effort into?

Self-Reflection: Give an example of when your relationship with a person is more important than a goal:

Describe what you notice in someone who is a Good Listener?

What are the levels of Validation in DBT?

- One _____
- Two _____
- Three _____
- Four _____
- Five _____
- Six _____

Take the Statement: I saw a giant spider in my room, so now I have to burn the house down
What is VALID about this statement, and what is INVALID?

Valid: _____	Invalid: _____
_____	_____
_____	_____

What could you say in response to this statement to validate the other person?

Using an Easy Manner can be especially difficult when experiencing emotions like Anger or Frustration, brainstorm some skills or strategies you can use with these emotions to help you use GIVE:

----- At Home Practice: -----

Find another person to practice with. With this person, take turns talking about an event from your day or your week, which you would feel comfortable talking about with a friend.

**Taking turns, Person A will begin by sharing about this event
For the first 5 minutes that Person A is sharing, Person B should engage GIVE skills
For the following 5 minutes, Person B should intentionally STOP using GIVE.**

Describe: How did it feel to talk to someone who was using GIVE skills?

Describe: How did it feel to talk to someone who was NOT using GIVE skills?

When you were practicing using GIVE skills, did you notice any change in your attendance and awareness towards the other person?

After this practice, how do you feel about your relationship with the person you practiced with?
