

Toolbox Handout 15: DEAR MAN



What are the 3 Goals of Interpersonal Effectiveness?

- 1.
- 2.
- 3.

What does it mean to want to build skill in “Objective Effectiveness”?

Self-Reflection: Give some examples of times when you notice you have a hard time asking for things:

Self-Reflection: Give some examples of times when you notice you have a hard time saying no:

What does each component of DEAR MAN stand for?

- D _____
- E _____
- A _____
- R _____
- M _____
- A _____
- N _____

What is the difference between the components of DEAR versus MAN?

DEAR: _____	MAN: _____
_____	_____
_____	_____

Using an example from the slides – *either wanting to review a low test score with a teacher, or not wanting to ride a rollercoaster at the fair* – and write out what you could say for a full DEAR MAN. Honor each component.

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

Pick a situation during the week in which you used, or could use DEAR MAN

Describe: What happened, who did what, what was the problem?

Describe: What did you want from the other person?

Describe how you used each component of DEAR MAN

D _____

E _____

A _____

R _____

M _____

A _____

N _____

What was the result of using DEAR MAN?

If it didn't have the outcome you wanted – what do you think went wrong?
