GIVE Skills Card

Relationship effectiveness: keep or improve the relationship while you ask, say no, or work through conflict.

Name: _____ Date: _____

G — Gentle

☐ I practiced this

No attacks, threats, or judging. Firm is fine. Mean is not.

What I will say gently: _____

_____

_____

I — Interested

☐ I practiced this

Listen. Do not interrupt. Ask one clarifying question.

My interested question: _____

_____

_____

V — Validate

☐ I practiced this

Acknowledge their feelings or situation out loud, even if you still disagree.

My validation line: _____

_____

_____

E — Easy manner

☐ I practiced this

Warm tone, soft face, a little lightness where it fits. Not sarcasm.

How I will keep an easy manner: _____

_____

_____

Practice planner for one conversation

Who: _____ **Topic:** _____

Priority this time (circle): Objective / Relationship / Self-respect _____

After: relationship score 0 to 10: _____

Original layout by Lotus & Tulip, inspired by the DBT GIVE and FAST skills. A practice tool, not a substitute for care.

FAST Skills Card

Self-respect effectiveness: leave the conversation able to look yourself in the eye.

Name: _____ Date: _____

F — Fair

☐ I practiced this

Fair to you and fair to them. Do not bully. Do not abandon your needs.

What would be fair to both of us? _____

_____

_____

A — Apologies

☐ I practiced this

No unnecessary apologies for asking, having an opinion, or taking up space. Do apologize for real harm.

Am I apologizing for a need, or for real harm? _____

_____

_____

S — Stick to values

☐ I practiced this

Do not sell out what matters for short term approval.

The value I will not trade away: _____

_____

_____

T — Truthful

☐ I practiced this

No lying, exaggerating, acting helpless, or fake excuses. Brief truth is enough.

The truthful line I will use: _____

_____

_____

Self-respect check

Self-respect before the talk: ____ / 10 **Self-respect after:** ____ / 10

What helped me keep self-respect: _____

What I will practice next time: _____

Original layout by Lotus & Tulip, inspired by the DBT GIVE and FAST skills. A practice tool, not a substitute for care.

DEAR MAN + GIVE + FAST Planner

One conversation. Script the ask, warm it with GIVE, protect self-respect with FAST, then score all three.

Name: _____ Date: _____

1 The conversation

Who, what, and which goal matters most

Who I will talk with: _____

What I want (or need to say no to): _____

Priority: ☐ Objective (DEAR MAN) ☐ Relationship (GIVE) ☐ Self-respect (FAST)

2 DEAR MAN script lines

Short lines only

Describe: _____

Express: _____

Assert: _____

Reinforce: _____

Mindful (broken record): _____

Appear confident: _____

Negotiate: _____

GIVE pass

Gentle check: _____

Interested question: _____

Validation line: _____

Easy manner plan: _____

FAST pass

Fair to both: _____

Unnecessary apology to cut: _____

Value to stick to: _____

Truthful line: _____

After the talk: score 0 to 10

Objective: ☐ / 10 Relationship: ☐ / 10 Self-respect: ☐ / 10

What I will practice next time: _____

GIVE and FAST are practice skills, not a crisis tool. If you might act on thoughts of suicide or self harm, in the US call or text 988 any time (988 Suicide and Crisis Lifeline), text HOME to 741741 (Crisis Text Line), or call 911 if you are in immediate danger. These skills do not replace safety planning in unsafe relationships.

Original layout by Lotus & Tulip, inspired by the DBT GIVE and FAST skills. A practice tool, not a substitute for care.

Free printable from Lotus & Tulip · lotustulip.com/dbt-give-fast-worksheet.html

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

DBT Worksheets for Therapists

Fillable PDF, 20 pages: weekly diary card, chain analysis, pros and cons, crisis survival plan and 0 to 10 suffering scales

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4606252502 | instant digital download

See every page first: lotustulip.com/dbt-worksheets-for-therapists.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.