



Communication

Describe facts only _____

Express emotions _____

Ask for what you need _____

Reinforce the relationship _____

Mindful- stay in the moment _____

Appear confident _____

Negotiate _____

★ 20 seconds or less



DEAR MAN concept and tool was
created by Marsha Linehan (DBT
strategies)

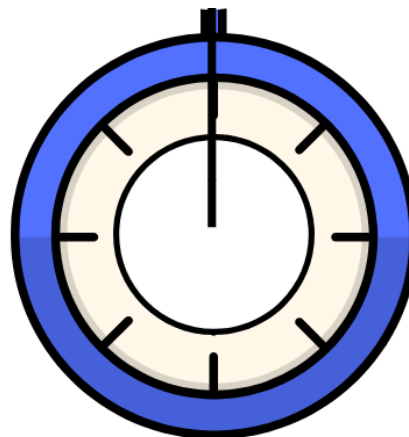
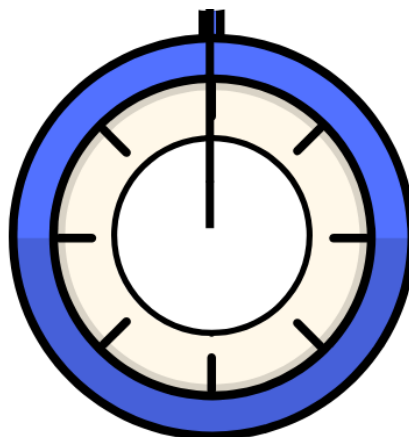
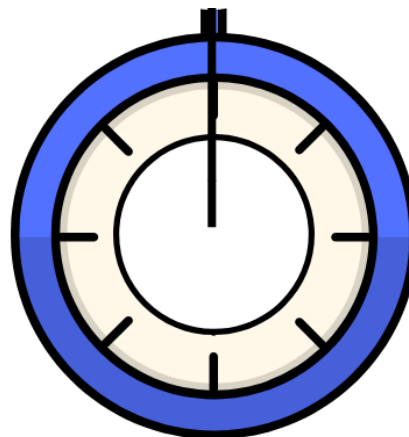


Recognizing the Gifts of Others

Family

Friends

Others





Character Traits

Generosity
Integrity
Loyalty
Devotion
Loving
Kindness
Sincerity
Self control
Peacefulness
Faithfulness
Patience
Determination
Enduring
Meek
Responsible
Wise

Persistence
Adventurous
Fairness
Cooperation
Tolerance
Optimism
Spirituality
Confidence
Persuasiveness
resourcefulness
Decisiveness
Charisma
Authority
Discerning
Forgiving
Obedient

Boldness
proactive
Leader
Example
Faithful
Service
Respectful
Compassionate
Joyful
Available
Creative
Dependable
Diligent
Humble
Orderly
Virtueous

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

1. _____
2. _____
3. _____
4. _____
5. _____

1. _____
2. _____
3. _____





Thought Patterns or negative, unwanted dialogue

Words of affirmation

Hope filled vs. despairing statements





Why are we Deceived?

"The venom is only poisonous if we believe a lie."

Fear of judgement

Fear of embarrassment

False comparisons

Fear of scarcity or inequality

Low self esteem

Unrecognized or discounted actions (of self)

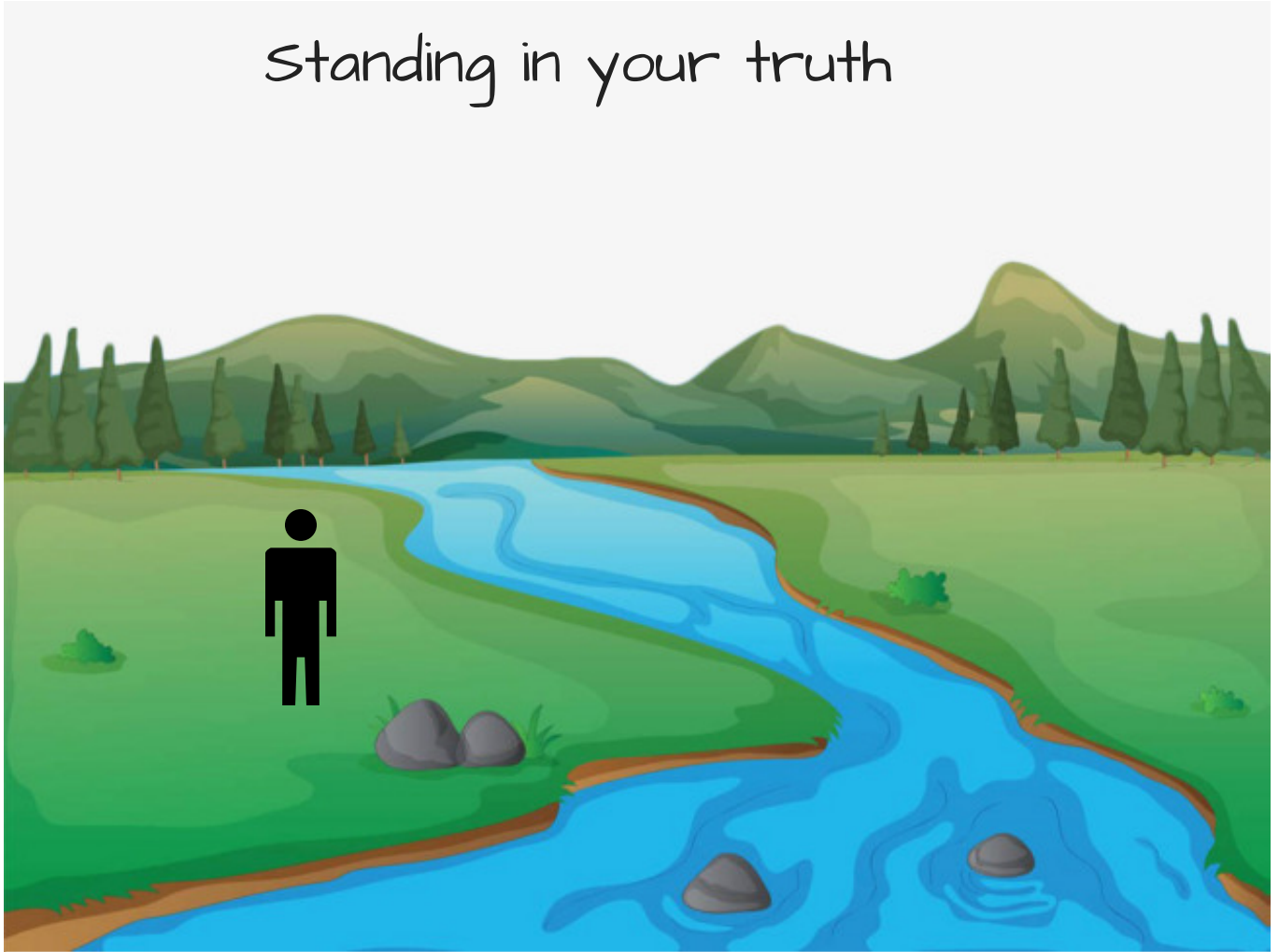
Ignorance or preconceptions





The River

Standing in your truth







Beliefs in

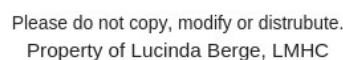
Confidence in

Trust in





What are you not giving yourself?

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What do we need from others/
organization

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.