Guidelines for Relationship Effectiveness: Keeping the Relationship (GIVE)

A way to remember these skills is to remember the word GIVE (DEAR MAN, GIVE):

(Do) Gentle
(Act) Interested
(Use an) Easy manner

Gentle

BE NICE and respectful.
No attacks: No verbal or physical attacks. No hitting, clenching fists. No harassment of any kind. Express anger directly with words.
No threats: If you have to describe painful consequences for not getting what you want, describe them calmly and without exaggerating.
No “manipulative” statements, no hidden threats. No “I’ll kill myself if you . . .” Tolerate a “no.” Stay in the discussion even if it gets painful. Exit gracefully.
No judging: No moralizing. No “If you were a good person, you would . . .”
No “You should . . .” or “You shouldn’t . . .” Abandon blame.
No sneering: No smirking, eye rolling, sucking teeth. No cutting off or walking away.
No saying, “That’s stupid, don’t be sad,” “I don’t care what you say.”

Interested

LISTEN and APPEAR INTERESTED in the other person.
Listen to the other person’s point of view.
Face the person; maintain eye contact; lean toward the person rather than away. Don’t interrupt or talk over the person.
Be sensitive to the person’s wish to have the discussion at a later time. Be patient.

Validate

With WORDS AND ACTIONS, show that you understand the other person’s feelings and thoughts about the situation. See the world from the other person’s point of view, and then say or act on what you see.
“I realize this is hard for you, and . . .”, “I see that you are busy, and . . .”
Go to a private place when the person is uncomfortable talking in a public place.

Easy manner

Use a little humor.
SMILE. Ease the person along. Be light-hearted. Sweet-talk.
Use a “soft sell” over a “hard sell.” Be “political.”
Leave your attitude at the door.

Other ideas:

Guidelines for Self-Respect Effectiveness: Keeping Respect for Yourself (FAST)

A way to remember these skills is to remember the word FAST (DEAR MAN, GIVE FAST).

(B) Fair
(No) Apologies
Stick to Values
(B) Truthful

(F)air

Be fair to YOURSELF and to the OTHER person. Remember to VALIDATE YOUR OWN feelings and wishes, as well as the other person's.

Don't overapologize.
No apologizing for being alive or for making a request at all.
No apologies for having an opinion, for disagreeing.
No LOOKING ASHAMED, with eyes and head down or body slumped.
No invalidating the valid.

(S)tick to values

Stick to YOUR OWN values.
Don't sell out your values or integrity for reasons that aren't VERY important.
Be clear on what you believe is the moral or valued way of thinking and acting, and “stick to your guns.”

(T)ruthful

Don’t lie. Don’t act helpless when you are not.
Don’t exaggerate or make up excuses.

Other ideas:

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INTERPERSONAL EFFECTIVENESS WORKSHEET 5

(Interpersonal Effectiveness Handouts 5, 6, 7)

Tracking Interpersonal Effectiveness Skills Use

Due Date: __________ Name: __________________________________ Week Starting: __________

Fill out this sheet whenever you practice your interpersonal skills and whenever you have an opportunity to practice, even if you don’t (or almost don’t) do anything to practice. Write on the back of this sheet if you need more room.

PROMPTING EVENT for my problem: Who did what to whom? What led up to what?

OBJECTIVES IN SITUATION (What results I want):

RELATIONSHIP ISSUE (How I want the other person to feel about me):

SELF-RESPECT ISSUE (How I want to feel about myself):

My PRIORITIES in this situation: Rate priorities 1 (most important), 2 (second most important), or 3 (least important).

____OBJECTIVES ______RELATIONSHIP ______SELF-RESPECT

Imbalances and CONFLICTS IN PRIORITIES that made it hard to be effective in this situation:

What I SAID OR DID in the situation: (Describe and check below.)

DEAR MAN (Getting what I want):

_____ Described situation? ________ Mindful?

_____ Expressed feelings/opinions? ________ Broken record?

_____ Asserted? ___________________________ Ignored attacks?

_____ Reinforced? ___________________________ Appeared confident?

GIVE (Keeping the relationship):

_____ Gentle? _____________________________ Interested?

_____ No threats? ___________________________ Validated?

_____ No attacks? ___________________________ Easy manner?

_____ No judgments? __________________________

FAST (Keeping my respect for myself):

_____ Fair? _____________________________ Stuck to values?

_____ (No) Apologies? ___________________________ Truthful?

How effective was the interaction? ____________________________________________