

DEAR MAN (communication skills)



PROGRESS
PSYCHOTHERAPY

Communicating our needs can be challenging when experiencing strong emotions. This framework can help build communication skills.

Describe- offer the facts without judgement or opinion at first

Express- then explain your feelings or opinion without implying judgement

Assert- offer clarity about what you want or need

Reinforce- offer clarity about why this is mutually beneficial or a good idea.

Mindful- focus on what you are trying to communicate and avoid sidetracks or getting into other emotional issues

Appear confident-use clear statements and body language to show that you have considered the issue clearly.

Negotiate- what is the best way to mutually get as much as you both need. be clear on what you can or cannot compromise on.