

DBT FAST Skill Worksheet

Introduction: The FAST skill in Dialectical Behavior Therapy (DBT) focuses on maintaining self-respect and integrity in communication. FAST stands for **Fair, Apologies (limited), Stick to values, and Truthful** (Linehan, 2015). Using this skill helps individuals communicate assertively while staying true to their beliefs and personal values. This worksheet will guide you in applying the FAST skill effectively in various interpersonal situations.

Step 1: Identify a Communication Challenge

- Describe a recent or upcoming interaction where maintaining self-respect is important.
 - What challenges do you face in asserting yourself while preserving your integrity?
-

Step 2: Understanding the FAST Skill

F – Fair

- Be fair to both yourself and the other person.
- Avoid being overly self-critical or dismissive of others.
- Example: "I understand your perspective, and I also need to honor my own feelings in this situation."

A – Apologies (Limited)

- Avoid over-apologizing when not necessary.
- Apologize only when truly warranted, not out of discomfort.
- Example: "I'm sorry for my mistake, but I still believe my decision was the right one."

S – Stick to Your Values

- Do not compromise personal values to appease others.
- Stay firm in your beliefs, even under pressure.
- Example: "I appreciate your input, but I need to stay true to my decision because it aligns with my values."

T – Truthful

- Be honest and authentic in your communication.
- Avoid exaggerating or distorting the truth to gain approval.

DBT FAST Skill Worksheet

- Example: "This is how I genuinely feel about the situation, and I want to be upfront about it."
-

Step 3: Client Exercises

Exercise 1: Identifying Self-Respect in Communication

- Think of a situation where you felt pressured to compromise your values.

- How could applying the FAST skill have changed the outcome?

Exercise 2: Practicing Assertive Communication

- Write a short dialogue using the FAST skill to navigate a difficult conversation.

- Role-play this conversation with a trusted person or practice it in front of a mirror.

Exercise 3: Self-Reflection Journal

- After a challenging conversation, reflect on how well you upheld your self-respect.
- Did you apply the FAST skill effectively? What could you improve next time?

Exercise 4: Confidence Building

- Stand in front of a mirror and practice making statements that align with your values.
 - Focus on using a strong, yet calm and respectful tone.
-

References:

Linehan, M. M. (2015). *DBT Skills Training Manual* (2nd ed.). Guilford Press.