

DBT GIVE Worksheet

Introduction: The GIVE skill is a core interpersonal effectiveness strategy in Dialectical Behavior Therapy (DBT) designed to improve relationships and foster positive interactions. GIVE stands for **Gentle, Interested, Validate**, and **Easy manner** (Linehan, 2015). This worksheet will guide you through applying GIVE in your daily interactions.

Step 1: Identify the Situation

- Describe a social interaction where you want to strengthen a relationship or maintain positive rapport.
 - What is your goal in this interaction?
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Step 2: Apply GIVE

G – Gentle

- Use a calm and non-threatening tone.
- Avoid criticism, blame, or hostility.
- Example: "I appreciate your perspective, and I want to find a way to work through this together."

I – Interested

- Show genuine interest in the other person.
- Use active listening skills, such as maintaining eye contact and nodding.
- Example: "That sounds really challenging. Can you tell me more about how you're feeling?"

V – Validate

- Acknowledge the other person's feelings and perspective.
- Show understanding, even if you don't fully agree.
- Example: "I can see why that would be frustrating for you. It makes sense that you feel that way."

E – Easy Manner

- Use a lighthearted approach when appropriate.
- Smile, use humor, and remain relaxed.
- Example: "We'll figure this out together, it's not the end of the world"

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Step 3: Client Exercises

Exercise 1: Writing Practice

- Choose a recent interaction and rewrite how you could have applied the GIVE skill. Focus on incorporating gentleness, interest, validation, and an easy manner.

Exercise 2: Role-Playing

- Practice a conversation using GIVE with a friend, family member, or therapist.
- Get feedback on your tone, body language, and approach.

Exercise 3: Self-Reflection Journal

- After a social interaction, reflect on how well you applied GIVE.
- What worked? What could be improved for next time?

Exercise 4: Confidence Building

- Stand in front of a mirror and practice delivering validating and gentle statements.
- Work on maintaining an open and approachable demeanor.

Step 4: Reflection & Practice

- How did you feel about using GIVE?
- What worked well, and what challenges did you face?
- Continue practicing with different social situations to enhance your skills.

References:

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