

# The GIVE Technique

## A DBT Interpersonal Effectiveness Skill

While some people seem to navigate relationships effortlessly, many of us need tools to help us foster positive connections with others. The **GIVE** technique in DBT offers just that.



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**I**

**V**

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Interpersonal effectiveness is an essential part of building and maintaining healthy relationships. The **GIVE** skillset is designed to assist you in ensuring your interactions foster mutual respect, understanding, and compassion. As you navigate each exercise, remember that the goal isn't to change others, but to approach interactions in a way that bolsters connection and reduces conflict.



**Fair:** Act in a just and unbiased manner, being equitable to both yourself and others in interpersonal interactions.



**(No) Apologies:** Stand confidently in your feelings and beliefs, refraining from over-apologizing or excusing yourself unnecessarily.



**Stick to Values:** Uphold your personal principles and moral standards, even when faced with external pressures or challenges.



**Truthful:** Communicate with sincerity and authenticity, avoiding exaggerations or distortions of reality.

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Reflect on a recent interaction or imagine a future scenario where you'd like to apply the **GIVE** skillset. Using the spaces provided, write ways you can implement each skill in your communication.

**Gentle:** Being gentle in your interactions ensures that communication remains calm and free from aggression. Reflect on an instance where your approach could have been gentler. How might you approach it differently using the gentle principle?

Example: *During an argument with my friend, I raised my voice. Next time, I could take a few deep breaths and speak calmly, ensuring I convey my point without aggression.*

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**Interested:** Show genuine interest in the other person's perspective. Recall an interaction where you might have been preoccupied or not fully present. How could you have shown more interest in the other person?

Example: *While my sister was talking about her day, I was checking my phone. I could put away distractions and ask her questions to show I'm genuinely interested in her experience.*

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**Validate:** Consider a time when someone shared their feelings or opinions with you. How could you have validated their feelings, even if you didn't necessarily agree?

Example: *My coworker expressed frustration with over a new policy everyone has to now follow. Even if I'm okay with it, I can say, "I understand why you'd feel that way."*

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**Easy Manner:** An easy manner involves a lightness and ease in interactions, even during difficult conversations. Reflect on a conversation that became tense. How could you introduce an easy manner to diffuse the tension?

Example: *A family dinner became tense after a political discussion. I could change the topic to something light-hearted or use humor to ease the mood.*

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