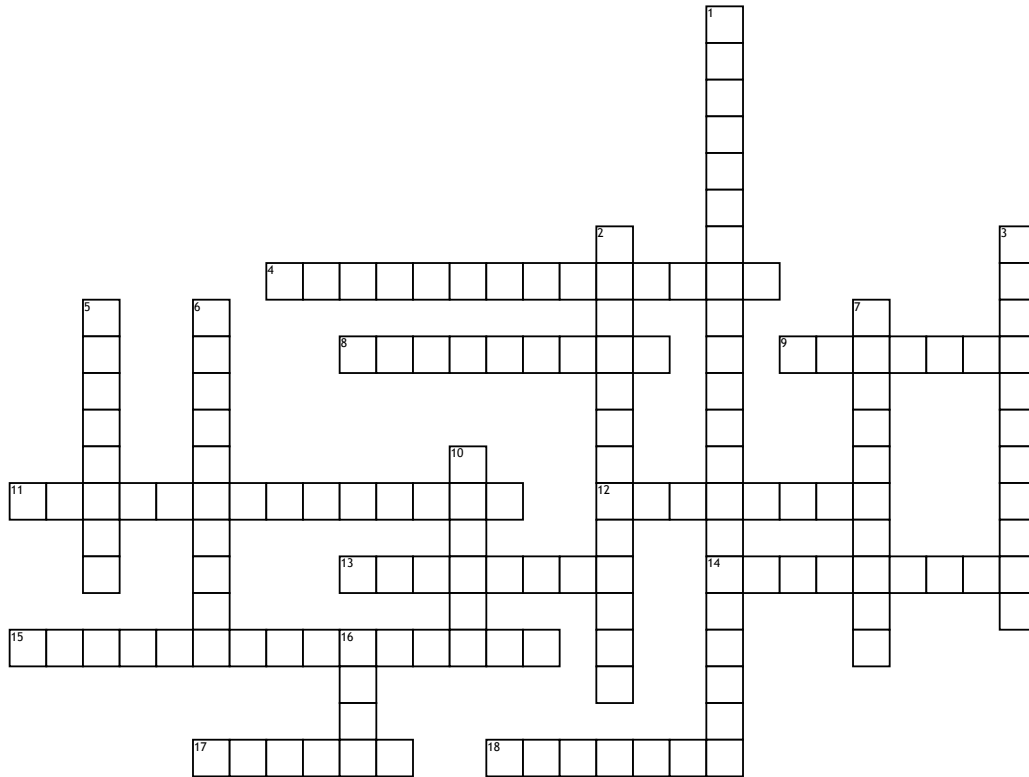


Interpersonal Skills Review DBT



Across

- 4. When do you use DEARMAN?
- 8. R in Dearman
- 9. M in Dearman
- 11. When do you use FAST?
- 12. V in Give

13. T in Fast

- 14. N in Dearman
- 15. A in Dearman
- 17. A in Dearman
- 18. E in Dearman

Down

- 1. When do you use GIVE?

2. S in Fast

- 3. A in Fast
- 5. D in Dearman
- 6. E in Give
- 7. I in Give
- 10. G in Give
- 16. F in Fast

Word Bank

- | | | | |
|------------------|------------------------|------------------|-------------|
| Describe | Mindful | Appear Confident | Truthful |
| To get something | Maintain values | Stick to values | Gentle |
| Negotiate | Validate | Interested | Express |
| Apology free | Fair | Assert | Easy manner |
| Reinforce | Maintain relationships | | |