

The “Dime Game” from **Dialectical Behavior Therapy (DBT)** is a creative way of exploring factors to consider when asking for something or saying no. This worksheet guides you through the game, helping you decide the firmness or intensity of your request/denial in light of your priorities and your relationship with someone else. Choose the right or left side based on your goal, then answer each yes or no question.

Each time you answer “yes,” circle a dime

ask for something

- 10¢ Can this person actually give (or do) what I want?
- 10¢ Is getting what I want more important than my relationship with this person?
- 10¢ Will I feel more competent and self-respecting by asking for what I want?
- 10¢ Does the person *have* to do what I want according to the law or good morals?
- 10¢ Is it my responsibility to tell this person what to do?
- 10¢ Is it right/appropriate/okay to ask for what I want in this relationship?
- 10¢ Is asking important to my long-term goals?
- 10¢ Is this an equal relationship? (Do I give as much as I get with this person?)
- 10¢ Do I know what I want and have a good reason or facts to support my request?
- 10¢ Is now a good time to ask? (Are they in the right mood?)

----- Add up circled dimes to create a total amount of money

tell someone no*

Each time you answer “no,” circle a dime

- 10¢ Can I actually give this person what they are asking for?
- 10¢ Is my relationship more important to me than saying no?
- 10¢ If I say no, will I feel bad about myself?
- 10¢ Do I *have* to do what they want according to the law, good morals, or the person’s rights?
- 10¢ Is it their responsibility to tell me what to do?
- 10¢ Is it right/appropriate/okay for them to request this of me in this relationship?
- 10¢ Will I regret saying no in the long-term?
- 10¢ Do I owe this person a favor? (Do they do a lot for me?)
- 10¢ Do I know what I’m saying no to? (Has the other person been clear about what they’re asking?)
- 10¢ Should I wait for a while before saying no?

----- Add up circled dimes to create a total amount of money

*Note: Trust your gut. Don’t use the dime game to navigate inappropriate or manipulative requests like sexual coercion.



Scan or [click here](#) to learn more about DBT:

Pause for a moment and review your answers above. Consult your wise mind: do you need to adjust any of your answers? This might be true if:

- You often have trouble speaking up for yourself
- The relationship is unequal in power (like a parent-child, mentor-mentee, boss-employee, or worker-customer relationship). This is especially important for the authority and relationship questions
- The relationship is difficult, but important (for example, if you are often annoyed with a close family member, you may feel tempted to say no without thinking)

Using your adjusted total, look below and see what you can “afford” to do:

ask for something

- 0-10¢ Don't ask or hint about what you want.
- 20¢ Hint indirectly. Accept it if they say no.
- 30¢ Hint openly. Accept it if they say no.
- 40¢ Ask tentatively. Accept it if they say no.
- 50¢ Ask gracefully. Accept it if they say no.
- 60¢ Ask confidently. Accept it if they say no.
- 70¢ Ask confidently. Push back if they say no.
- 80¢ Ask firmly. Push back if they say no.
- 90¢ Ask firmly and insist. Negotiate and keep trying if they say no.
- \$1.00 Don't take no for an answer.

tell someone no*

- 0-10¢ Do it without being asked.
- 20¢ Don't complain. Do it cheerfully.
- 30¢ Do it, even if you're not happy about it.
- 40¢ Do it. Show that you would rather not.
- 50¢ Say you would rather not. Do it (gracefully).
- 60¢ Say no firmly. Reconsider if they insist.
- 70¢ Say no confidently. Push back if they insist.
- 80¢ Say no firmly. Push back if they insist.
- 90¢ Say no firmly. Push back and negotiate if they insist.
- \$1.00 Do NOT do it.

Is this a good solution? What are the pros and cons of following this advice?



*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.

Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

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