

# GIVE Skill

## DBT: Interpersonal Effectiveness Skills

The **GIVE** skill from **Dialectical Behavior Therapy (DBT)** helps you keep a relationship positive.

When your primary focus in an interpersonal situation is how the other person feels about you - whether or not you get what you want - being gentle, acting interested, validating, and using an easy manner can help.

# G

(Be) Gentle

- Do not verbally or physically attack (e.g., harassment, hitting).
- Do not threaten; don't exaggerate consequences that will occur if you don't get what you want; do not manipulate the other person.
- No judging, blaming, or guilt-tripping.
- No sneering, smirking, rolling eyes, sucking teeth, storming away.
- ✓ "I'm feeling disappointed about how that went. How do you feel?"
- ✗ "If you were a *real* friend..." "I'm cutting you out of my life forever"

# I

(Show)  
Interest

- Show that you are interested by listening to the other person.
- Face the person and use good eye contact and an open posture.
- Resist urges to interrupt or talk over the person.
- Respect their wishes if they'd rather talk another time.
- ✓ "Can you tell me more about that?"
- ✗ "No, listen - we have to talk *now*"

# V

Validate

- Show and tell the other person you understand their perspective.
- Consider their thoughts, feelings, motivations, and concerns.
- Make them more comfortable if you can (e.g., speaking in a quiet, private space if they prefer).
- ✓ "I know this is hard to talk about..." "It sounds like you felt..."
- ✗ "Well, it's not my fault you felt that way!"

# E

Easy  
Manner

- Use an "easy manner" by being light-hearted.
- Use humor and smiles.
- Make suggestions rather than demands.
- ✓ "I wonder if X might solve the problem? What do you think?"
- ✗ "Stop joking around. This is serious. You have to X"

On the next page, you can put all these ideas to work by planning what to say in a specific conversation.

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



# GIVE Skill

## DBT: Interpersonal Effectiveness Skills

**G:** How can you say what you need to say **gently** to the other person? No attacks, threats, judgments, guilt-tripping, sarcasm, etc.

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**I:** Do you anticipate any difficulties showing **interest** in the other person? Is there anything they could say that you might feel an urge to interrupt or talk over?

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**V:** Try to anticipate the other person's perspective, thoughts, and feelings in advance. What do you think they are? How can you **validate** their point of view?

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**E:** How can you start the conversation in a light, **easy** way?

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# 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](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.