

THINK Skill

DBT: Interpersonal Effectiveness Skills

The THINK skill is a newer Dialectical Behavior Therapy (DBT) skill designed to guide you through making up with someone and reducing conflict. This skill increases the chances of reconciliation by focusing on five ways to be empathetic and understanding.

T

Think

- Think about the situation from the other person's perspective.
- ✓ Use what you know from the situation, their history, and what they said and how they said it to take your best guess at their perspective.
- ✗ Ruminates about how you were wronged.

H

Have
Empathy

- Have empathy. How do you think they might be feeling? Thinking?
- ✓ Think about how they may have felt based on the situation, their facial expressions, and their tone of voice.
- ✗ Ruminates about how you feel.

I

Interpret

- Consider new interpretations for the other person's behavior.
- Include one benign interpretation.
- ✓ Brainstorm. Think flexibly. Make guesses. Give the benefit of the doubt.
- ✗ Get stuck on your first interpretation.

N

Notice

- Notice: have they tried to make amends, help, or show they care?
- Are they really struggling with their own stress?
- ✓ Notice when they use kind words, a kind tone, or try to compromise.
- ✗ Miss the forest (them trying their best) for the trees (imperfect efforts).

K

(Use)
Kindness

- Focus on ways you can be kind and gentle with the other person.
- ✓ Choose your words carefully, use a kind tone, give them a break.
- ✓ Treat yourself the way you would like to be treated.
- ✗ Give in to angry urges to yell, accuse, blame, etc.

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



THINK Skill

DBT: Interpersonal Effectiveness Skills

T: Think about the other person's perspective. What do you think it is?

H: Do your best to have empathy for the other person. How do you think they might be feeling?

I: Brainstorm as many alternate **interpretations** as you can. Make sure one is benign. The goal is to think flexibly and empathetically (not necessarily to come up with the "perfect" interpretation).

N: Notice any of their kindness towards you. Or, **notice** if they are overwhelmed with stress. Have they made any efforts with their words, tone, behaviors, etc.?

K: How can you be kind towards this person? Can you use a kind tone or expression, choose kind words, reassure them, compromise, or give them a break?

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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 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.



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