

Name _____ **DEARMAN**



DEARMAN

DEAM MAN is an acronym that stands for the components of successful communication. The DEAR MAN steps are a blueprint for clearly expressing what you want and need in a calm and respectful way. DEAR MAN is a communications tool that increases possibility that conversations will have positive outcomes.

Use the organizer below to plan how you will communicate about a difficult issue that is troubling you.

D	Describe the situation as objectively as you can.	
E	Express your emotions using "I" statements.	
A	Assert you wants and needs calmly and clearly.	
R	Reward the other person when they respond well to you.	
M	Keep your goal in mind, and do not get distracted by other issues.	
A	Project confidence with your body language.	
N	Be willing to compromise within your clearly defined limits.	