

Name \_\_\_\_\_ **DEARMAN**

Think of a specific interpersonal issue you are dealing with. Respond to each prompt to plan how you will handle the issue.

# DEARMAN



**D**escribe. What are the facts of the situation, without judgement?

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**E**xpress. Fill in the blanks. "I feel \_\_\_\_ when \_\_\_\_."

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**A**ssert. How will you state what you need?

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**R**einforce. How will you reward the other person for responding well?

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**M**indfulness. What is your goal? What could distract you from it?

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**A**ppear confident. Describe how you will do this body language.

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**N**egotiate. What are the limits of what you will accept?

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