

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



# DEARMAN

Think about a specific interpersonal interaction you had recently that did not go well. What was the issue?

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Think back on the conversation that you had from the DEARMAN perspective. Was there a particular aspect of the DEARMAN technique where communication broke down? Which one? Why do you think that happened?

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

What can you do differently to avoid this breakdown next time?

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