



G.I.V.E

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WHAT IS IT?

A DBT acronym for relationship effectiveness, the GIVE skill is useful in every interpersonal relationship, and helps build and maintain positive relationships.



G—Gentle: Be gentle in approaching the other party. Try and communicate in a nonthreatening manner and avoid attacks, defensiveness and judgmental statements.

When you're gentle, you are being mindful of the other person's emotions. This will help them feel loved instead of attacked.

I—Interested: Be interested in what the other person is saying by listening to the other person and not interrupting. Interest can be conveyed through words and/or body language.

V—Validate: Validate and acknowledge the other person's wishes, feelings, and opinions. Clarify and confirm what the other person is saying and then express that you understand it by echoing the emotion back to them.

E—Easy: Present yourself in an easy manner by smiling and using a light-hearted tone. By being relaxed and comfortable throughout the interaction, you will be more approachable.