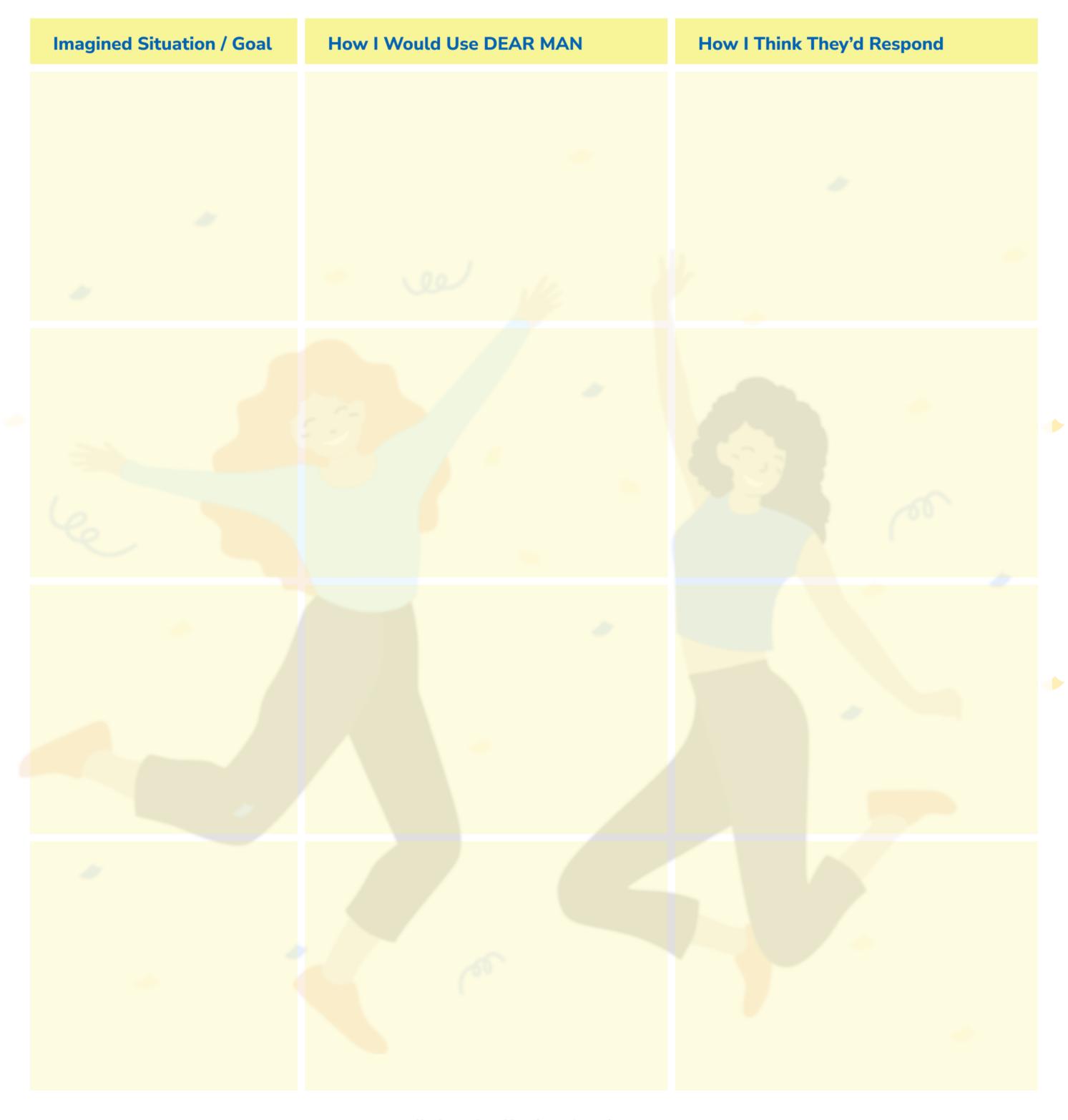


QUICK REFERENCE

- Describe → State the facts, no judgments.
- **(E) Express** → Share your feelings and opinions.
- (A) **Assert** → Assert.
- (R) **Reinforce** \rightarrow Explain benefits or show appreciation.
- Mindful → Stay focused on your goal, avoid distractions.
- \bigcirc Appear Confident \rightarrow Keep a calm tone, steady posture, and clear voice.
- (N) **Negotiate** \rightarrow Be open to compromise and collaboration.

PART 1. PRACTICING DEAR MAN IN IMAGINED SITUATIONS

Think of situations where you need to ask for something, say no, or set a boundary. Rehearse how you'd apply DEAR MAN:





PART 2. USING DEAR MAN IN REAL CONVERSATIONS

Reflect on actual situations where you practiced (or tried to practice) DEAR MAN.

Real Situation / Goal	What I Said / Did	How the Conversation Turned Out
Remember This:	DEAR MAN isn't about winning every requ	
clear, respectful, and effective. Even if the outcome isn't perfect, just practicing the skill is progress.		