

QUICK REFERENCE

- ⓓ **Describe** → State the facts, no judgments.
- ⓔ **Express** → Share your feelings and opinions.
- ⓐ **Assert** → Assert.
- Ⓡ **Reinforce** → Explain benefits or show appreciation.
- Ⓜ **Mindful** → Stay focused on your goal, avoid distractions.
- ⓐ **Appear Confident** → Keep a calm tone, steady posture, and clear voice.
- Ⓝ **Negotiate** → 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:

Imagined Situation / Goal	How I Would Use DEAR MAN	How I Think They'd Respond

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 request** or **getting your way**. It's about **being clear, respectful, and effective**. Even if the outcome isn't perfect, **just practicing the skill is progress**.