

GIVE and FAST Skills



A Dialectical Behavior Therapy (CBT) communication tool to support healthy, respectful relationship dynamics.

WORKSHEET: [From The Dorm's "A Stronger Return to College & Campus Life: A Guide"](#)

GIVE

When making new friends or trying to maintain old ones, the **GIVE** skill can help ensure clear communication when asking for something or working through conflict. Try using it as you settle in and navigate hurdles with your new roommate.

G

GENTLE

How can you be more gentle with your communication?

Be gentle, nice, respectful, and non-threatening. No insults, attacks, judgments, or sneering. Try to make sure your facial expressions convey respect as well as your words and actions.

I

INTERESTED

How can you show the other person you are interested?

Listen and act interested. Face the person, maintain some eye contact (if it's comfortable), nod to show that you're listening and adopt an interested facial expression. Don't interrupt or talk over the person.

V

VALIDATE

What can you say that acknowledges what the other person is saying?

To validate means expressing that you understand the other person's perspective or opinion and it makes sense to you that they feel that way. Validating is not the same as agreeing! "I realize this is hard for you and..."

E

EASY MANNER

How can you communicate with an easy manner?

Use body language, tone, and other paraverbal signals to communicate a relaxed demeanor that helps navigate difficult or stressful conversations

G

GENTLE*How can you be more gentle with your communication?***APPLICATION**

I

INTERESTED*How can you show the other person you are interested?***APPLICATION**

V

VALIDATE*What can you say that acknowledges what the other person is saying?***APPLICATION**

E

EASY MANNER*How can you communicate with an easy manner?***APPLICATION**

FAST

Use the **FAST** skill to stay aligned with your values and goals as you navigate challenging conversations.

F**FAIR**

Be fair, not just to the other person, but also to yourself. This includes both your thoughts and your actions. Make sure to validate your own feelings and wants, as well as the other person's.

A**APOLOGIES**

Don't over-apologize or invalidate valid thoughts and feelings. This doesn't mean you never apologize--apologizing can be incredibly powerful in relationships. However, you don't need to apologize when you haven't done anything wrong.

S**STICK TO VALUES**

Stick to your own values by being honest about them and acting in ways that reflect them. If you're not sure what you believe in, do some self-examination to determine your values.

T**TRUTHFUL**

Be honest with yourself and others. Don't lie, act helpless, exaggerate, minimize or make up excuses. Are your words true and do they match the facts?

F**FAIR**

APPLICATION

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APPLICATION

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APPLICATION

These resources are offered by The Dorm, a mission-driven mental health treatment program helping young adults build lives of purpose and independence.