WORKSHEET 86 · FOR THE PSYCHOLOGIST

Asking for what I need

A clear request in four steps, while standing firm

AIM

Structure an effective request or refusal: describing the situation, expressing what one feels, asserting clearly and reinforcing (saying what the other person gains), while staying focused, appearing confident and open to negotiation.

WHO IT IS FOR

Difficulty getting what one needs, conflictual relationships. A complement to worksheet 74.

DURATION

20 min in session; role plays

HOW TO RUN IT

1. Choose a specific situation and the person's goal.
2. Prepare the four steps: describe, express, assert, reinforce.
3. Add: staying focused (calmly repeating), appearing confident, negotiating if needed.
4. Rehearse with a role play and plan a real situation.

POINTS TO WATCH

> Also help the person clarify what matters to them about the relationship and their self-respect (worksheet 87). In a violent relationship, safety comes first.

REFERENCES

Linehan, M. M. (2015). DBT Skills Training Manual (2nd ed.). Guilford.

Speed, B. C., Goldstein, B. L. & Goldfried, M. R. (2018). Assertiveness training: A forgotten evidence-based treatment. Clinical Psychology: Science and Practice, 25(1), e12216.

PSYCHOLOGIST'S NOTES

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WORKSHEET 86 · WORKSHEET TO HAND OUT

Asking for what I need

To ask for something or say no, a simple structure helps you be clear, even when emotional. Prepare it in advance.

1. Describe: the facts, without judging.
2. Express: what I feel or think.
3. Assert: what I am asking for or refusing, clearly.
4. Reinforce: what the other person gains. I stay focused, calm and open to negotiating.

Describe	Express	Assert	Reinforce

How did it go, and what would I do the same or differently?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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