WORKSHEET 87 · FOR THE PSYCHOLOGIST

Looking after the relationship and my self-respect

Being kind to the other person and true to yourself

AIM

Complement effective requests with two goals: looking after the relationship (kindness, interest, validation, an easy manner) and looking after self-respect (fairness, not over-apologising, sticking to values, honesty).

WHO IT IS FOR

Conflictual relationships, fear of abandonment, a tendency to give in or explode.

DURATION

20 min in session

HOW TO RUN IT

1. Before a difficult interaction, clarify the three priorities: getting what I want, looking after the relationship, keeping my self-respect.
2. For the relationship: be kind, show interest, validate the other person's point of view, keep an easy manner.
3. For self-respect: be fair to yourself and the other person, don't over-apologise, stick to your values, be honest.
4. Rehearse with a role play.

POINTS TO WATCH

> These skills assume a relationship without danger. If there is violence or control, protection comes first.

REFERENCES

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

PSYCHOLOGIST'S NOTES

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WORKSHEET 87 · WORKSHEET TO HAND OUT

Looking after the relationship and my self-respect

In a difficult conversation we can be looking for three things: getting what we want, keeping a good relationship and still being proud of ourselves afterwards. Knowing which matters most helps you choose how to speak.

1. My priority in this situation: what I want, the relationship or my self-respect?
2. For the relationship: I am kind, I show interest, I acknowledge the other person's point of view.
3. For my self-respect: I am fair, I don't over-apologise, I stay true to my values.
4. Afterwards I ask myself: am I proud of how I behaved?

Situation	My priority	What I did for the relationship	What I did for myself

In which situations do I forget myself, or forget the other person?

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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