

# DEAR MAN SKILLS

DEAR MAN is the skill we use to get a specific need met. It can be used to resolve a conflict or make a request, while maintaining a positive relationship. The skill helps us practice a clear expression of our needs.

Example: You need your family member to take part in caring for the baby at night. You know that they are not a night owl but that they thrive off of compliments, strive to be helpful, and are worried about you. You could say: "I am having a difficult time getting the sleep that I need to feel better emotionally and physically. I would really appreciate if you would wake up with the baby at least once either in late evening or early morning so that I can get some sleep. I know you need your sleep as well and I am confident I can count on you to help. Also, the baby will be able to see you as someone who is comforting and supportive. Most of all, the more sleep I get now, the sooner I will feel better and can return to feeling myself again."



# DEAR MAN PRACTICE

Describe Situation:

What did you want out of this interaction? What was your need or objective?

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What did you need to avoid saying or doing to get your need met?

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**D** Describe the situation:

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**E** Express your feelings/opinion:

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**A** Assert your request:

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**R** Reinforce the person to want to meet your need:

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**M** Mindful, stay on track:

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**A** Appear confident, pay attention to tone, voice, posture:

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**N** Negotiate, don't accept the first no:

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