

# Interpersonal Effectiveness: FAST

From a concept by Marsha Linehan

Interpersonal effectiveness being able to keep your own sense of self-respect in your interactions with others. It means being able to set and keep appropriate boundaries while maintaining your own values and beliefs.

## INSTRUCTIONS

Use the outline below to help to practice self-respect effectiveness using FAST.

On the next page, use the form to brainstorm some possible ways to use FAST to preserve your own self-respect and dignity while achieving your objectives and goals. Write them down and practice them before engaging in a conversation.

**F**air – strive for fairness in your interactions, for yourself as well as for others.

**A**pologies – never feel obligated to apologize for standing up for yourself. Only apologize when necessary. Never apologize for making a request, having an opinion, or disagreeing.

**S**tick to your values - while you should be open to negotiation, you should never compromise on your own core values.

**T**ruthful – be truthful in all your interactions by avoiding the temptation to exaggerate, to misrepresent, to manipulate, or to be outright dishonest.

Now go on to the next page and use it to write down some possible phrases you could use...

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<b>F</b>	Be Fair by...
<b>A</b>	Avoid Apologizing when unwarranted by...
<b>S</b>	Stick to your values by...
<b>T</b>	Be Truthful by...