

# Preserving the Relationship: GIVE

From a concept by Marsha Linehan

Interpersonal effectiveness means more than getting what you want out of an interaction. It also means preserving the relationship by being willing to honor the other person's needs and wishes as well. GIVE allows us to practice relationship effectiveness by focusing on how we interact with others.

## INSTRUCTIONS

Use the outline below to help to practice relationship effectiveness using GIVE.

On the next page, use the form to brainstorm some possible ways to use GIVE to preserve the relationship while achieving your objectives and goals. Write them down and practice them before engaging in a conversation.

**G**entle – don't attack, accuse, or cajole. Be gentle in your interactions, remembering to treat the other person as you would like to be treated yourself.

**I**nterested - express a sincere interest in what the other person has to say by being with them in the moment, without judgment, and without interrupting. Remember, if you're interrupting, you're not listening!

**V**alidate what the other person is saying by indicating that you understand their viewpoint. Remember you can agree with their right to have their own viewpoint without having to agree with their viewpoint.

**E**asy – communicate in an easy, calm manner. Use Wise Mind to communicate, and don't try to resolve things in Emotional Mind. If you're feeling emotionally overwhelmed, set aside the conversation for a later time when you are calmer.

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

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<b>G</b>	Be Gentle by...
<b>I</b>	Be Interested by...
<b>V</b>	Validate others by...
<b>E</b>	Project an Easy manner by...