

# Identifying Interpersonal Goals

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This worksheet helps you clarify what you want from an interaction before it begins, while grounding yourself in the steadiness and clarity of the natural world.

## Step 1. Describe the Interaction

Who is involved

---

---

---

---

---

What the situation is

---

---

---

---

---

When and where it will happen

---

---

---

---

---

## Nature pause

Take one slow breath and notice a natural element around you (light, air, a plant). If possible, step outside for a moment and take a few deep breaths. Let nature settle your attention and bring you into the present moment.

## Step 2. Identify Your Three Possible Goals

DBT teaches that every interaction involves three potential priorities:

1. Objective: What do I want to achieve
2. Relationship: How do I want the relationship to feel afterward
3. Self-respect: How do I want to feel about myself after

Write your goals for your interpersonal interaction briefly based on the above outline:

Objective:

---

---

---

Relationship:

---

---

---

Self-respect:

---

---

---

## Step 3. Choose Your Primary Goal

Which of the three matters most in this situation?

Primary goal:

---

---

---

## Nature reflection

Imagine choosing a path in a forest. You can only walk one path and one direction at a time. Which direction leads you where you truly need to go?

## Step 4. Align Your Actions

List one or two actions that support your primary goal.

---

---

---

---

Add one grounding support from nature (what helps you to interact in the present moment?)

Examples:

- A breath pattern
- A grounding object
- A brief step outside before or after

---

---

---

---

## Step 5. Quick Reflection

What clarity emerged from this exercise?

---

---

---

---

What shifted when you grounded yourself using nature to bring you into the present moment?

---

---

---

---

What intention will you carry into the interaction?

---

---

---

---