

DBT **GIVE** Technique

Apply the **GIVE** technique to nurture existing relationships and easily build fresh connections.

G — Gentle

Approach interactions with kindness, courtesy, and respect—void intimidation. Steer clear of insults, criticisms, judgments, or condescending tones. Ensure your body language, facial cues, and actions reflect the same respect as your words. Remember, even if you disagree or feel neutral about someone, respond as if you value them.

I — Interested

Show genuine curiosity by listening actively, even if it's not your top priority. Turn toward the speaker, keep eye contact steady, and wear an engaged expression. Please demonstrate that you're tuned in, and avoid cutting them off or dominating the conversation.

V — Validate

Acknowledge the other person's viewpoint or feelings by showing why it resonates with them. Validation means affirming that their emotions or opinions are understandable to you—it's not about agreeing outright. Try phrases like, "I can see how tough this must be for you, and..."

E — Easy Manner

Keep things light and approachable with a relaxed vibe. Smile where it fits, inject some gentle humour into the mix, and prevent disagreements from escalating into conflicts. A casual, easygoing tone can diffuse tension and make challenging talks smoother.