Practice a request or boundary

DBT skills in individual counseling

Choose a conversation where speaking directly is reasonably safe. Prepare what is within your control: clear words, respectful delivery, and your own next step. Another person may still disagree.

Example: "When plans change without a message, I cannot plan my evening. Please text me if you will be late. I will wait 15 minutes, then continue with my plans."

1. The person, situation, and what I want to ask for

Choose one concrete request rather than every issue at once.

2. What matters to me here

My goal, the relationship, and my self-respect. What is most important today?

3. The facts and my experience

Describe what happened without insults or guessing motives.

Practice a request or boundary

4. My request or boundary in plain words

For a boundary, name an action I can take, not a way to control the other person.

5. What I can negotiate and what I will do if the answer is no

Keep consequences realistic, safe, and within my control.

6. How I will rehearse or get support

Practice aloud with my counselor. Afterward, note what I want to adjust.

If direct communication could lead to retaliation, coercion, or danger, plan for safety with a trusted professional instead. Teens can ask a safe adult for support. You do not have to confront someone to complete this sheet.

Educational practice, not a complete treatment plan