

Maintaining Your Self-Respect: FAST Skills

Remember **FAST**:

- (be) **F**air
- (no) **A**pologies
- S**tick to values
- (be) **T**ruthful



- (be) **F**air: Be fair to *yourself* and to the *other* person.
- (no) **A**pologies: Don't *over*apologize for your behavior, for making a request, or for being you.
(If you wronged someone, don't underapologize.)
- S**tick to values: Stick to your own values and opinions.
Don't sell out to get what you want, to fit in, or to avoid saying "no."
(Refer to Emotion Regulation Handout 13, "Wise Mind Values and Priorities List.")
- (be) **T**ruthful: Don't lie.
Don't act helpless when you are not.
Don't make up excuses or exaggerate.

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Practice Exercise: FAST Skills

Due Date _____

Choose two situations during the week in which you used your FAST skills and describe below.

Remember **FAST** . . .

(be) Fair

(no) Apologies

Stick to values

(be) Truthful

SITUATION 1:

In what way are you trying to maintain your self-respect? _____

What was the situation in which you chose to use your FAST skills and how did you use them? _____

What was the outcome? _____

How did you feel after you used your skills? _____

SITUATION 2:

In what way are you trying to maintain your self-respect? _____

What was the situation in which you chose to use your FAST skills and how did you use them? _____

What was the outcome? _____

How did you feel after you used your skills? _____

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Practice Exercise: Using Skills at the Same Time

Due Date _____

Choose a situation during the week that required more than one interpersonal effectiveness skill.

Describe situation: _____

What were my priorities? (Check all that apply.)

- Build/maintain relationship
- Get what I want, say "no," or be taken seriously
- Build/maintain self-respect

What I said or did and how I did so (check and describe):

- | | | |
|--------------------------------------|---|--|
| <input type="checkbox"/> Gentle | <input type="checkbox"/> Describe | <input type="checkbox"/> Fair |
| <input type="checkbox"/> Interested | <input type="checkbox"/> Express | <input type="checkbox"/> No apologies |
| <input type="checkbox"/> Validate | <input type="checkbox"/> Assert | <input type="checkbox"/> Stick to values |
| <input type="checkbox"/> Easy manner | <input type="checkbox"/> Reinforce | <input type="checkbox"/> Truthful |
| | <input type="checkbox"/> Mindful | |
| | <input type="checkbox"/> Appear confident | |
| | <input type="checkbox"/> Negotiate | |

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