

# FAST Technique

## A DBT Interpersonal Effectiveness Skill

The purpose of this worksheet is to help you internalize and practice the **FAST** skill set, enabling you to maintain self-respect during interpersonal interactions.

A graphic consisting of four vertical purple pillars. Each pillar has a white circular top section containing a black letter. The letters, from left to right, are F, A, S, and T, representing the FAST technique.

**F**

**A**

**S**

**T**

Navigating the complexities of interpersonal interactions while upholding self-respect can be challenging. However, with the **FAST** skills, you have a toolkit to help maintain your integrity and stand firm in your values. As you practice these techniques, you'll find it becomes easier to approach interactions with authenticity, fairness, and confidence.



**Fair:** Act in a just and unbiased manner, being equitable to both yourself and others in interpersonal interactions.



**(No) Apologies:** Stand confidently in your feelings and beliefs, refraining from over-apologizing or excusing yourself unnecessarily.



**Stick to Values:** Uphold your personal principles and moral standards, even when faced with external pressures or challenges.



**Truthful:** Communicate with sincerity and authenticity, avoiding exaggerations or distortions of reality.

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For each acronym of **FAST**, use the prompts provided to guide you through applying the skill. Your responses should be honest and detailed, giving you a clearer picture of how you can incorporate the **FAST** skills in real-life situations.

**Fair:** Be fair to both yourself and the other person.

Think of a situation where you might feel pressured to take a side. How can you approach it fairly, respecting both your feelings and the other person's?

Example: *During a disagreement with a colleague, I reminded myself that both our perspectives are valid. Instead of placing blame, I tried to understand their viewpoint while also expressing mine.*

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**(No) Apologies:** Avoid over-apologizing.

Recall a time when you over-apologized or felt the urge to. How can you address the situation next time without unnecessary apologies?

Example: *When I expressed my concerns about a project's direction, I resisted the urge to say "I'm sorry, but" before stating my opinion.*

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**Stick to Values:** Stay true to what you believe is right.

Describe a scenario where your values might be challenged. How would you stick to your values in this situation?

Example: *Even though my friends pressured me to skip work for an outing, I chose to honor my commitment and values by going to work anyway attending my responsibilities.*

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**Truthful:** Be truthful and avoid stretching the truth.

Reflect on a situation where you might feel tempted to bend the truth. How can you handle it with honesty?

Example: *Instead of creating an elaborate excuse for missing a deadline, I honestly communicated the reasons for the delay to my supervisor.*

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