

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.

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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.*

(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.*

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.*
