



World wise minds

FRIENDSHIP DRAMA SOLVER

The DEARMAN strategy is a helpful way to communicate with friends in a respectful and effective manner.

Here's what each letter stands for:

D - Describe: Clearly explain the situation without adding opinions or feelings.

E - Express: Share your feelings about what happened.

A - Assert: State what you need or want clearly.

R - Reinforce: Explain the benefits of getting what you want.

M - Mindful: Stay focused on the conversation and avoid distractions.

A - Appear Confident: Use a calm voice and body language that shows confidence.

N - Negotiate: Be open to finding a solution that works for both of you.

Friendship Drama Tracker

What could you say using DEARMAN?

Describe

Express

Assert

Reinforce

Mindful

Appear Confident

Negotiate



Clipart and Border Credits

