

# HANDOUT #1

## Instructions for Breakout Group Activity (Role Plays)

- **Structure:**
  - Groups of 3 (triads): each person will take turns playing the roles of *client*, *role-play partner* (playing the other party in the scenario), and *observer*
  - There will be 3 role play vignettes
  - For **each vignette**, group members will **stick with one role**, and then **rotate roles when moving on to the next vignette**
  - By the end of all 3 vignettes, each person will have played each role once
  - Spend about 5–7 minutes total per vignette before rotating roles
- **Observer Responsibilities:**
  - Take notes of the interaction as indicated for each vignette below

## Vignettes

### **Vignette 1: Setting a Boundary with a Roommate Who Uses**

#### **Scenario:**

- Client is newly abstinent, living with a roommate who drinks and smokes cannabis regularly. The client wants to ask the roommate not to use in shared spaces.

#### **Task:**

- The *client* plays **themselves**
- The *role-play partner* plays the **roommate**
- The *observer* takes notes
- Client practices using **DEAR MAN + Validation** to set a boundary
- Role-play partner responds as the roommate might (realistically but not antagonistically)
- Roles rotate with each new vignette so everyone plays each role once

#### **Observer Notes:**

- Did the client clearly express their need?
- Was confidence and validation demonstrated?
- How did the “roommate” respond?

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## Vignette 2: Saying No Without Losing the Relationship

### Scenario:

- The client's sibling asks for money. The client, in recovery, knows giving money would be enabling but doesn't want to harm the relationship.

### Task:

- The *client* plays **themselves**
- The *role-play partner* plays the **sibling**
- The *observer* takes notes
- Client practices using **FAST + GIVE** to say no while maintaining connection
- Roles rotate with each new vignette so everyone plays each role once

### Observer Notes:

- Did the client maintain self-respect and warmth?
  - Was the refusal communicated clearly?
  - How did the "sibling" respond?
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## Vignette 3: Advocating for Needs with a Provider

### Scenario:

- Client feels dismissed by a provider during group and wants to address it, but they're afraid of being labeled "difficult."

### Task:

- The *client* plays **themselves**
- The *role-play partner* plays the **provider**
- The *observer* takes notes
- Client practices using **DEAR MAN + FAST** to assert their needs respectfully
- Roles rotate with each new vignette so everyone plays each role once

### Observer Notes:

- Did the client assert their concern clearly and respectfully?
- Was self-respect maintained?
- How did the "provider" respond?

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## The *DEAR MAN* Skill

<b>D</b>	<b>Describe</b> – State the situation clearly and objectively.
<b>E</b>	<b>Express</b> – Share your feelings and opinions using "I" statements.
<b>A</b>	<b>Assert</b> – Clearly ask for what you need or say "no".
<b>R</b>	<b>Reinforce</b> – Explain the positive outcomes of meeting your request.
<b>M</b>	<b>Mindful</b> – Stay focused on your goal; avoid distractions.
<b>A</b>	<b>Appear</b> – Stay calm, confident, and composed.
<b>N</b>	<b>Negotiate</b> – Be willing to compromise when necessary.

SOURCE: Linehan, 2014a

## The *GIVE* Skill

<b>G</b>	(Be) <b>Gentle</b> – Be kind and respectful; avoid attacks, threats, or judging.
<b>I</b>	(Act) <b>Interested</b> – Act interested in the other person's perspective, even if you don't naturally feel that way. Maintain eye contact, nod, and listen actively to show engagement.
<b>V</b>	<b>Validate</b> – Acknowledge and reflect the other person's feelings with words and actions.
<b>E</b>	(Use an) <b>Easy manner</b> – Stay calm and relaxed. Take a deep breath, use light humor, and smile when appropriate.

SOURCE: Linehan, 2014a

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## The *FAST* Skill

<b>F</b>	(Be) <b>F</b> air – Be fair to both yourself and others. Validate your own feelings and needs as well as the other person's.
<b>A</b>	(No) <b>A</b> pologies – Avoid unnecessary apologies. Don't apologize for having an opinion, making a request, or disagreeing respectfully.
<b>S</b>	<b>S</b> tick to Values – Stay true to your values and integrity. Don't compromise on things that matter to you.
<b>T</b>	(Be) <b>T</b> ruthful – Be honest and authentic. Don't exaggerate, lie, or act helpless when you're not.

SOURCE: Linehan, 2014a