

DBT FAST Skill Worksheet

Protect self-respect while communicating effectively

Purpose of FAST

FAST is a DBT self-respect effectiveness skill. Use it when you want to communicate without abandoning your values, denying facts or apologising simply for having legitimate needs. Self-respect effectiveness can be combined with DEAR MAN and GIVE.

Element	Planning question
F - Fair	Am I being fair to myself and the other person?
A - Avoid unnecessary apologies	Am I apologising for existing, having a preference or setting a reasonable limit? Acknowledge real harm when repair is needed.
S - Stick to values	Which value or principle do I want my behaviour to represent?
T - Truthful	Am I exaggerating, making excuses, acting helpless or denying relevant facts?

Clarify your self-respect goal

At the end of this interaction, what do I want to respect about how I behaved?

Fair: What would a balanced account include about my needs and theirs?

Apologies: Is an apology genuinely needed? If yes, what specific behaviour am I repairing? If no, what can I say instead?

Stick to values: Name the value. What action would express it here?

Truthful: Write a factual statement without exaggeration, excuses or false certainty.

FAST decision check

Statement	Yes / No / Unsure
My request or boundary is consistent with my values.	
I can state the facts without attacking myself or the other person.	
I can acknowledge genuine mistakes without over-apologising.	
I am prepared to tolerate disapproval rather than betray a core value.	

Review: Did my behaviour protect self-respect? Did I create any harm that needs repair?

Use this worksheet safely

This worksheet is for education and skills practice. It does not replace assessment, diagnosis, crisis support, legal advice or individual treatment. In situations involving threats, coercive control, stalking or violence, prioritise safety and seek specialist help rather than relying only on communication skills.

Research basis: FAST is taught within DBT interpersonal effectiveness to support self-respect. This original worksheet uses standard skill concepts without reproducing official handouts. Sources consulted: NHS DBT self-help programme; Behavioral Tech Institute material on interpersonal effectiveness; peer-reviewed DBT skills-training research.