

E7

WHYZMEN • OPTIONAL CARD • SESSION 10

Ask Clearly

Use it when... you need something, or need to say no.

“Speaking the truth in love, we will grow.”

Ephesians 4:15

Listening is half the conversation. This is the other half: seven steps, **D-E-A-R M-A-N**.

DEAR • WHAT YOU SAY

Describe	The facts only. “We’ve had the grandkids three days a week since June.”
Express	One feeling word (card E6). “I feel stretched, and I miss days that are ours.”
Assert	One clear ask, or a clear no. “I’d like to go back to two days, starting next month.”
Reinforce	Why yes is good for you both. “That way we’ll be glad to see them, not tired.”

MAN • HOW YOU HOLD IT

Mindful	Stay on the one ask. If it drifts: “I hear that. I’m still asking about Tuesdays.” Let jabs go by.
Appear confident	Even voice, eyes up. No apology before the ask. Confident is not loud.
Negotiate	Give to get. “What would work for you?” A trade is a win, not a retreat.

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THE SENTENCE

When (the facts), **I feel** (one word). **Would you** (one ask)? **It would mean** (the good for us).

ASK, DON'T HINT

Hint	"Must be nice to have a free Saturday."
Ask	"Would you keep Saturday open for the two of us?"
Hint	"I guess I'll just do it myself."
Ask	"Would you take the dishes tonight? I'm wiped out."

A hint makes her guess. An ask lets her say yes.

SAYING NO

"No, I can't take that on. Here's what I can do: ____." A clear no is kinder than a resentful yes. *"Let your 'Yes' be 'Yes,' and your 'No,' 'No.'"* Matthew 5:37

AT HOME

If it is tender, listen first (card H1), then ask. She is not your opponent; the problem is.

FIRST USE

The request you have been circling: with your wife, an adult child, or a committee chair.

More in the Toolkit: 3 • Speak Truly & Encourage

Adapted from Marsha Linehan's DEAR MAN skill, DBT Skills Training Manual (2nd ed., 2015).

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