

D.E.A.R.M.A.N. Request

Format

DEARMAN is a DBT subskill that enhances the clarity of your communication. If you can effectively communicate your wants and needs to others, you can increase the probability of having your wants and needs met by others. I would recommend using this format when asking an authority figure for something (this can be your healthcare provider).

D = Describe	Concisely and objectively describe the situation, event, and desired outcome. Use factual information here.
E = Express	Explain how and why this desired outcome benefits you and others. Express feelings here. "I feel ____ due to ____."
A = Assert	Candidly ask for what you want. What appears obvious to you, may be unclear to another. Don't assume, instead assert.
R = Reinforce	Reward others who respond well and reinforce why this is mutually positive. Use a smile or encouraging statement here.
M = Mindful	Emotional responses are normal...and also distracting. Stay mindful and focused on your intention.
A = Appear confident	In-person this reflects in your tone, posture, and body language. Remove any passive language in your text.
N = Negotiate	Be prepared to engage in a two-way discussion on how to mutually achieve the desired outcome. Give to get.

On the following page I will show an example letter I wrote using DEARMAN format. In addition to the highlighted areas correlated to DEAR, I stayed mindful and focused to the intention (no irrelevant/distracted statements). I removed any passive language, and am prepared to discuss further if Steven would like to :)

April 05, 2021

The Honorable Steven Bradford, Chair
Senate Committee on Public Safety
State Capitol, Room 2031
Sacramento, CA 95814

RE: SB 519 (Wiener) Controlled substances: decriminalization of certain hallucinogenic substances.
(SUPPORT)

Dear Chairman Bradford,

My name is Amanda, and I am writing this letter in "support" of SB 519 (Wiener), which will decriminalize the possession and personal use of psilocybin, psilocyn, MDMA, LSD, ketamine, DMT, mescaline (from non-peyote sources), and ibogaine. SB 519 will also expunge any criminal records for people convicted of possession and personal use of these substances, and will require the State Department of Public Health to convene a working group to research and make recommendations to the Legislature regarding, among other things, the regulation and therapeutic use of these substances in a manner that maximizes public health, safety, and healing.

Describe

I feel this will positively benefit our society due to the strong correlation shown between decriminalization and a decrease in drug related deaths. This increases opportunities for harm reduction through education within our communities.

Express

I feel this will help reduce health disparities due to clinical trial evidence showcasing a positive correlation between the use of these substances and improved mental health. The FDA has granted "breakthrough therapy" status to these substances based on the results of said trials.

I feel that societal issues have evolved greatly since 1971, therefore requiring our governmental approach to evolve as well for the betterment of our people. Secondary to the pandemic, we are faced with increased mental health concerns, illicit substance use, and violence within our communities - all issues this bill may help combat.

Assert

It is for these reasons that I respectfully request your "AYE" vote on SB 519.

I appreciate your efforts toward bettering the health and wellbeing of our society.

Reinforce

Sincerely,

Amanda Rodrigo, RN BSN

CC: The Honorable Scott Wiener
Senators, Senate Committee on Public Safety
Stephanie Jordan, Policy Consultant, Senate Committee on Public Safety
Eric Csizmar, Republican Consultant, Senate Committee on Public Safety