<table>
<thead>
<tr>
<th>?</th>
<th>ACCEPT</th>
<th>CHANGE</th>
<th>?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MINDFULNESS</strong></td>
<td><strong>DISTRESS TOLERANCE</strong></td>
<td><strong>EMOTION REGULATION</strong></td>
<td><strong>INTERPERSONAL EFFECTIVENESS</strong></td>
</tr>
<tr>
<td>BREATHE</td>
<td>OBSERVE</td>
<td>IT WILL PASS</td>
<td>NAME THE EMOTION</td>
</tr>
<tr>
<td></td>
<td></td>
<td>IT IS AS IT IS</td>
<td>OPPOSITE ACTION</td>
</tr>
<tr>
<td>FOCUS</td>
<td>THIS MOMENT</td>
<td>TURN THE MIND</td>
<td>THINK</td>
</tr>
<tr>
<td></td>
<td></td>
<td>20 minutes</td>
<td>BUILD POSITIVE EXPERIENCES</td>
</tr>
<tr>
<td>LETTING GO</td>
<td>DISTRACT</td>
<td>SOOTHE</td>
<td>SIEVE OR SPONGE?</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>GIVE &amp; TAKE</td>
</tr>
<tr>
<td>VALUES</td>
<td>IMPROVE</td>
<td>PLEASE MASTER</td>
<td>ASK or SAY</td>
</tr>
<tr>
<td></td>
<td></td>
<td>THE MOMENT</td>
<td>NO</td>
</tr>
</tbody>
</table>

THE DECIDER

THE BPD TOOL **PRACTISE** **PRACTISE** **PRACTISE** GET.gg

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**THE DECIDER**

**STOPP**
- **STOP!**
- Take a breath
- **Observe** – what am I reacting to? Where is my focus of attention?
- **Pull back** – put in some perspective – what’s another way of looking at this?
- Practise what works! – what will help most?

**IMPROVE**
- Imagery
- **Meaning**
- **Prayer / Spirituality / Affirmations**
- Relaxation
- One thing at a time
- Vacation / ‘Me’ time / Time out
- Encouragement

**USE THE SKILLS FROM YOUR LIFEJACKET**
Each skill will take you one step back from the cliff edge

**DEARMAN**
- **Describe** the current situation
- **Express** feelings and opinions
- **Assert** by asking, or saying no
- **Reinforce/Reward** the person ahead of time
- **Mindful** of objectives without distraction
  - Broken record
  - Ignore attacks
- **Appear** effective and competent
- **Negotiate** alternative solutions
  - Turn the tables

**PLEASE MASTER**
- **Treat** Physical Illness
- **Balance** Eating
- Avoid mind-Altering drugs
- **Balance** Sleep
- Get **Exercise**
- Build **MASTERy**

**GIVE**
- Gentle manner without attack or threat
- Interested in the other person
- Validate other person without judging
- Easy manner with humour or a ‘soft sell’

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