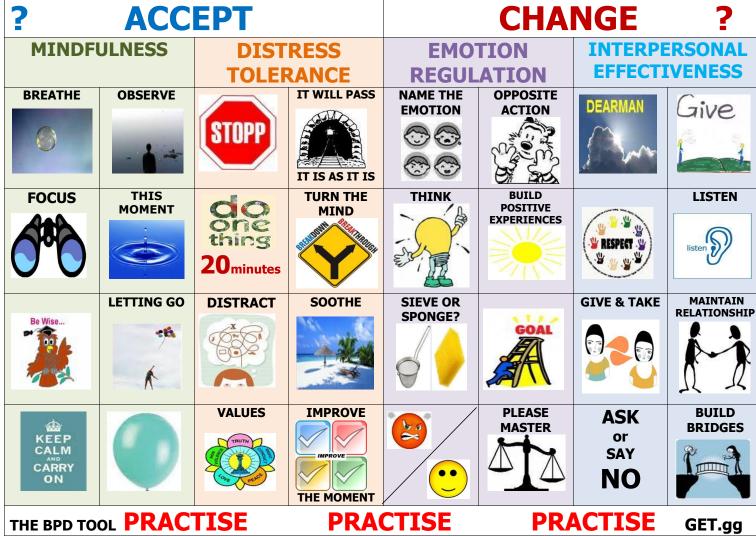
# THE DECIDER



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## THE DECIDER

#### **STOPP**

- STOP!
- Take a breath
- STOPP
- 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?

### Use the skills from your Lifejacket

Each skill will take you one step back from the cliff edge

#### **DEARMAN**

- **D**escribe 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
  - o Broken record
  - o Ignore attacks
- Appear effective and competent
- Negotiate alternative solutions
  - Turn the tables



#### **IMPROVE**

- **I**magery
- **M**eaning
- Prayer / Spirituality / Affirmations
- **R**elaxation
- One thing at a time
- Vacation / 'Me' time / Time out
- Encouragement

### **PLEASE MASTER**

- Treat PhysicaL Illness
- Balance Eating
- Avoid mind-Altering drugs
- Balance **S**leep
- Get Exercise
- Build MASTERy



#### **GIVE**

- **G**entle 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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