






























THE DECIDER

? ACCEPT				CHANGE ?			
MINDFULNESS		DISTRESS TOLERANCE		EMOTION REGULATION		INTERPERSONAL EFFECTIVENESS	
BREATHE 	OBSERVE 		IT WILL PASS  IT IS AS IT IS	NAME THE EMOTION 	OPPOSITE ACTION 	DEARMAN 	Give 
FOCUS 	THIS MOMENT 	do one thing 20 minutes	TURN THE MIND 	THINK 	BUILD POSITIVE EXPERIENCES 		LISTEN 
Be Wise... 	LETTING GO 	DISTRACT 	SOOTHE 	SIEVE OR SPONGE? 		GIVE & TAKE 	MAINTAIN RELATIONSHIP 
KEEP CALM AND CARRY ON 	VALUES 	IMPROVE  THE MOMENT		PLEASE MASTER 	ASK or SAY NO	BUILD BRIDGES 	
THE BPD TOOL PRACTISE				PRACTISE		PRACTISE	
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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

- **D**escribe the current situation
- **E**xpress feelings and opinions
- **A**ssert by asking, or saying no
- **R**einforce/Reward the person ahead of time
- **M**indful of objectives without distraction
 - Broken record
 - Ignore attacks
- **A**ppear effective and competent
- **N**egotiate alternative solutions
 - Turn the tables



PLEASE MASTER

- Treat **Physical** Illness
- Balance **E**ating
- Avoid mind-**A**ltering drugs
- Balance **S**leep
- Get **E**xercise
- Build **MASTERY**



GIVE

- **G**entle manner without attack or threat
- **I**nterested in the other person
- **V**alidate other person without judging
- **E**asy manner with humour or a 'soft sell'

