




























THE DECIDER

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

THE DECIDER

STOPP

- **STOP!**
- **T**ake a breath
- **O**bserve – what am I reacting to? Where is my focus of attention?
- **P**ull back – put in some perspective – what's another way of looking at this?
- **P**ractise what works! – what will help most?



IMPROVE

- **I**magery
- **M**eaning
- **P**rayer / Spirituality / Affirmations
- **R**elaxation
- **O**ne thing at a time
- **V**acation / 'Me' time / Time out
- **E**ncouragement



Use the skills from your Lifejacket

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



PLEASE MASTER

- Treat **P**hysical **I**llness
- Balance **E**ating
- Avoid mind-**A**ltering drugs
- Balance **S**leep
- Get **E**xercise
- Build **M**ASTERy



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



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'

