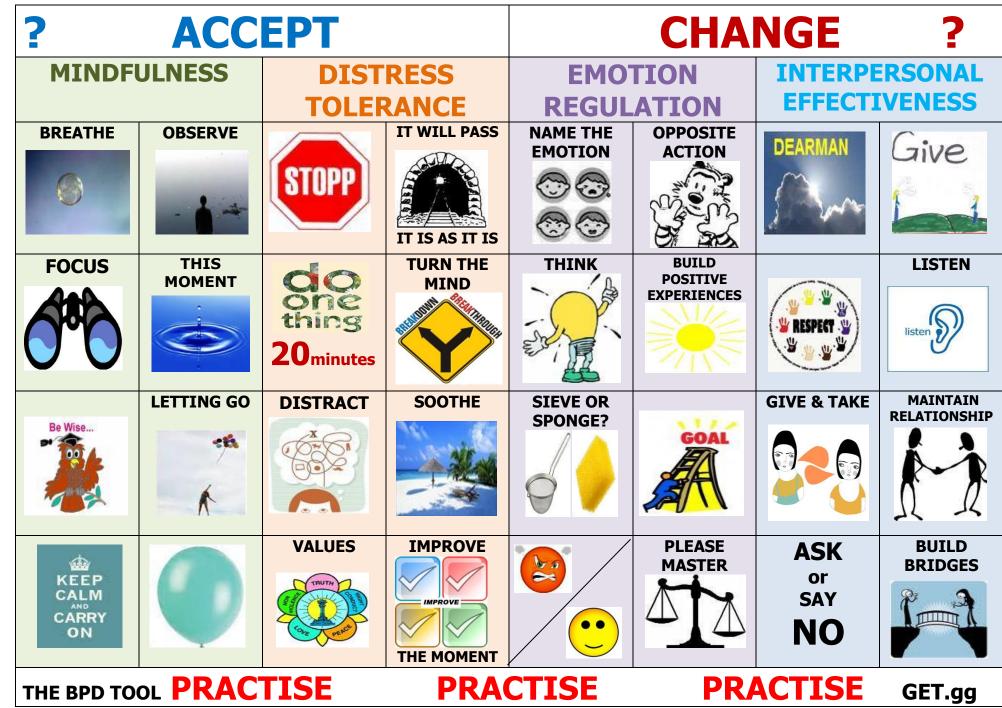
THE DECIDER



THE DECIDER

STOPP

- **S**TOP!
- Take a breath
- **O**bserve 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
- **M**indful of objectives without distraction
 - o Broken record
 - Ignore attacks
- Appear effective and competent
- **N**egotiate alternative solutions
 - Turn the tables



IMPROVE

- **I**magery
- Meaning
- Prayer / Spirituality / Affirmations
- Relaxation
- One thing at a time
- Vacation / 'Me' time / Time out
- Encouragement

PLEASE MASTER

- Treat PhysicaL Illness
- Balance Eating
- Avoid mind-**A**ltering drugs
- Balance Sleep
- Get **E**xercise
- Build MASTERy

GIVE

- **G**entle manner without attack or threat
- Interested in the other person
- Validate other person without judging
- **E**asy manner with humour or a 'soft sell'

