
















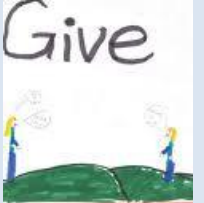












THE DECIDER

? 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 
Be Wise... 	LETTING GO 	DISTRACT 	SOOTHE 
KEEP CALM AND CARRY ON 	VALUES 	IMPROVE THE MOMENT 	EMOTION REGULATION
			NAME THE EMOTION 
			OPPOSITE ACTION 
			INTERPERSONAL EFFECTIVENESS
			DEARMAN 
			Give 
			THINK 
			BUILD POSITIVE EXPERIENCES 
			RESPECT 
			LISTEN 
			SIEVE OR SPONGE? 
			GOAL 
			GIVE & TAKE 
			MAINTAIN RELATIONSHIP 
			PLEASE MASTER 
			ASK or SAY NO
			BUILD BRIDGES 

THE BPD TOOL **PRACTISE**

PRACTISE

PRACTISE

GET.gg

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**sert 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'

