## THE DECIDER LIFE SKILLS - Evidence

<table>
<thead>
<tr>
<th>Skill</th>
<th>THE EVIDENCE</th>
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| **It will Pass** | **CANNON WALTER BRADFORD** M.D. (1871 – 1945) American physiologist.  
**LAZARUS ARNOLD** (1981) Lazarus Institute: Think Well - Act Well - Feel Well - Be Well  
**NHS Fife** 2013 [http://www.moodcafe.co.uk/media/19118/Positive%20Self%20Talk.pdf](http://www.moodcafe.co.uk/media/19118/Positive%20Self%20Talk.pdf) (accessed 2.8.14) |
**CAMERON J. VAN DEN HEUVEL, JOSEPH T. NOONE, KURT LUSHINGTON, DREW DAWSON** |
| **Name the Emotion** | **GREENBERG LESLIE** EMOTION FOCUSSED THERAPY Clinical Psychology and Psychotherapy 11, 3–16 (2004)  
**MENNIN DOUG, FRESCO DAVID** Emotion Regulation Therapy (2013)  
| **Opposite Action** | **HAYES ADELE** Exposure based CT for depression 2013  
**Padesky christine, Greenberger Dennis**. Mind Over Mood: Change How You Feel by Changing the Way You Think (1995) |
| **SELF care** | **gilbert paul**: Compassion Focused Therapy. The Compassionate Mind. 2009. Constable.  

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IN ADDITION

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<td>Neuroplasticity</td>
<td>Daniel J. Siegel (2012) Pocket Guide to Interpersonal Neurobiology: An Integrative Handbook of the Mind “If we use how we were taught yesterday to teach our children today, we are not preparing them well for tomorrow.” Daniel J. Siegel (2015) No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child’s Developing Mind “As scientists put it, the brain is plastic, or moldable. Yes, the actual physical architecture of the brain changes based on what happens to us.”</td>
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Michael Merzenich  Professor Emeritus Neuroscientist at the University of California, San Francisco.
“Your brain - every brain - is a work in progress. It is ‘plastic.’ From the day we’re born to the day we die, it continuously revises and remodels, improving or slowly declining, as a function of how we use it”

| Impulsivity | Gabor Maté (2008/2011) In the Realm of Hungry Ghosts: Close Encounters with Addiction
“Whenever a person “overreacts”—that is, reacts in a way that seems inappropriately exaggerated to the situation at hand—we can be sure that implicit memory is at work.” |

© The Decider & The Decider Life Skills have been co-created by Michelle Ayres and Carol Vivyan. CBT and DBT informed skills based on the work of: Beck, Ellis, Linehan, Padesky and Young, in addition to the evidence base for the individual skills listed.

www.getselfhelp.co.uk    Self-help and Therapy Resources.
www.thedecider.org.uk    For resources and information about ‘The Decider’ & ‘The Decider Life Skills’