



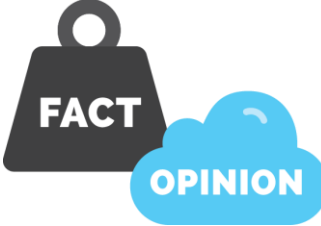








# THE DECIDER<sup>©</sup>

## LIFE SKILLS

<p><b>STOPP</b></p> 	<p><b>IT WILL PASS</b></p> 	<p><b>RIGHT NOW</b></p> <p><b>54321</b></p>
<p><b>NAME THE EMOTION</b></p> 	<p><b>OPPOSITE ACTION</b></p> 	<p><b>FACT OR OPINION</b></p> 
<p><b>SELF CARE</b></p> 	<p><b>VALUES</b></p> 	<p><b>LISTEN</b></p> 
<p><b>RESPECT</b></p>  <p><b>RESPECT</b></p>	<p><b>CRYSTAL CLEAR</b></p> 	<p><b>REFLECT</b></p> 

**PRACTICE!**

## CRYSTAL CLEAR

- **C**oncise (what, when, how, why)
- **L**ucid & logical
- **E**motion-free Expression
- **A**ssertive (& alternative solutions)
- **R**ealistic. Repeat if necessary



<b>5</b>	things I can see right now, or imagine I can see right now
<b>4</b>	things I can hear right now, or imagine I can hear right now
<b>3</b>	things I can touch right now, or imagine I can touch right now
<b>2</b>	things I can smell or taste right now, or imagine I can taste right now
<b>1</b>	deep slow breath <i>Focus on your breathing. In this moment. Right now.</i>

## STOPP

- **S**TOP!
- **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**ractice what works! – What will help most?



## SELF CARE

- **S**LEEP
- **E**ATING & EXERCISE
- **L**OOK at illness, challenges
- **F**IND Fun



## RESPECT

- **R**espect self and others
- **E**quality and Esteem
- **S**ay please, thank you and sorry
- **P**olite, kind and considerate
- **E**ars to listen!
- **C**lear calm communication
- **T**reat others as we want to be treated

