













THE DECIDER

LIFE SKILLS


STOPP 	IT WILL PASS 	RIGHT NOW 54321
NAME THE EMOTION 	OPPOSITE ACTION 	FACT OR OPINION 
SELF CARE 	VALUES 	LISTEN 
RESPECT 	CRYSTAL CLEAR 	REFLECT 
PRACTICE!		

CRYSTAL CLEAR


- Concise (what, when, how, why)
- Lucid & logical
- Emotion-free Expression 
- Assertive (& alternative solutions)
- Realistic. Repeat if necessary

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

STOPP

- **STOP!** 
- Take a breath
- Observe – 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?
- Practice what works! –
What will help most?

SELF CARE

- SLEEP
- EATING & EXERCISE
- LOOK AT – alcohol, drugs, smoking, treating illness
- FIND some Fun 

RESPECT

- Respect self and others
- Equality and Esteem
- Say please, thank you and sorry
- Polite, kind and considerate
- Ears to listen!
- Clear calm communication
- Treat others as we want to be treated

