

Before I knew about decider skills I found dealing with my emotions difficult and confusing. I also found it hard to distract myself and let myself become quite distressed/anxious. I use quite a few different decider skills but these ones help me the most. 54321 really helps me before or after meal times it distracts me from the thoughts that are racing around my head, it gives me something to focus on and the breathing at the end keeps me grounded. Opposite action is one I also find very useful, when my head is telling me to do certain things or making me feel a certain way. It can be hard to not do what your head is telling you to do. Sometimes I do need to be reminded to do it by staff but it does help. I think deciders are very useful skills and can be used by anyone in day to day life. The deciders group and skills have really helped me and my recovery!

