THE DECIDER LIFE SKILLS - Evidence

<table>
<thead>
<tr>
<th>Skill</th>
<th>THE EVIDENCE</th>
</tr>
</thead>
</table>
THE DECIDER LIFE SKILLS - Evidence

Listen


**RIMONDINI MICHAELA** Communication in CBT Springer 2010


**RESPECT**

**BANDURA ALBERT** *Social Foundations of Thought and Action: A Social Cognitive Theory.* is a landmark work in *psychology* published in 1986


**Crystal CLEAR**

**PATERSON RANDY.** The Assertiveness Workbook: How to express your ideas and stand up for yourself at work and in relationships. Published in 2000 by New Harbinger Publications

**PALMER STEPHEN, WILDING CHRISTINE**

Beat Low Self-Esteem With CBT: Teach YourselfPublished by Teach Yourself, 2010

**Matthew McKay, Jeffrey Wood, Jeffrey Brantley.** 2007. The Dialectical Behavior Therapy Skills Workbook. New Harbinger


Interpersonal Effectiveness Skill: DEAR MAN.

**Reflect**

**JAMES BENNETT LEVY** Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (due January 2015)


© The Decider & The Decider Life Skills are based on the work of: Beck, Ellis, Linehan, Padesky and Young (as referenced above), 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’

© Michelle Ayres & Carol Vivyan. The Decider 2011 & The Decider Life Skills 2014.