






STOPP

<p>STOP</p> 	<p>Take a BREATH</p> 	<p>OBSERVE</p> 	<p>PULL BACK PUT IN SOME PERSPECTIVE</p> 	<p>PRACTISE WHAT WORKS</p> 
<p><i>Stop and step back from the situation, in your mind</i></p>	<p><i>Breathe slowly once or twice</i></p>	<p><i>What's happening? What am I reacting to? What am I thinking and feeling? What are the words that my mind is saying? What physical sensations do I notice in my body? Where is my focus of attention?</i></p>	<p><i>Is this fact or opinion? See the situation as an outside observer. Is there another way of looking at it? What would someone else see and make of it? What advice would I give to someone else? What's 'the helicopter view'? What meaning am I giving this event for me to react in this way? How important is it right now, and will it be in 6 months? Is my reaction in proportion to the actual event? What will be the consequences of my action?</i></p>	<p><i>What can I do that will be most helpful? Will it be effective and appropriate? Is it in keeping with my values and principles? What is best thing to do, for me, for others, for the situation?</i></p>