



STOPP



Stop and Step Back

Do not act immediately. Pause.



Take a Breath

One deep long breath. IN - hold it - OUT.



Observe

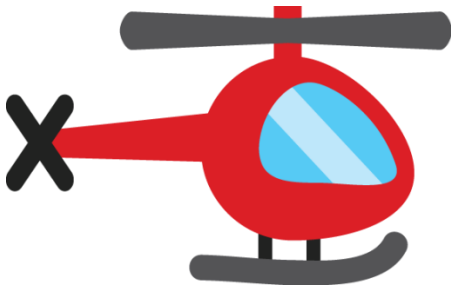
What am I thinking about?

What am I focusing on?

What am I reacting to?

What am I feeling in my body?

Am I feeling THE FIZZ? What number on my scale?



Practise what works.

Proceed only when you are sure...

What is the BEST thing to do?

Do I have to act right now? Wait and see...

Consider the results of any action.

Only do what will help most.



Pull Back: Put in some Perspective

Zoom out

Take a helicopter view - See the bigger picture.

Is this fact or opinion?

Is there another way of looking at it?

What would someone else say about it?

What advice would I give a friend in this situation?

How important is this, right now?