# STOPP

#### **TAKE A BREATH**

**OBSERVE**: What am I thinking? What am I reacting to? What am I feeling in my body?



PULL BACK: Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

**PRACTISE WHAT WORKS:** What's the best thing to do for me, for others, for this situation?

## STOPP

#### TAKE A BREATH

**OBSERVE**: What am I thinking? What am I reacting to?

What am I feeling in my body?

**PULL BACK**: Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

PRACTISE WHAT WORKS: What's the best thing to do for me, for others, for this situation?

#### STOPP

#### TAKE A BREATH

**OBSERVE**: What am I thinking? What am I reacting to?

What am I feeling in my body?

PULL BACK: Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

PRACTISE WHAT WORKS: What's the best thing to do for me, for others, for this situation?



# **TAKE A BREATH**

**OBSERVE**: What am I thinking?

What am I reacting to?

What am I feeling in my body?

**PULL BACK**: Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

**PRACTISE WHAT WORKS:** What's the best thing to do for me, for others, for this situation?

#### STOPP

# TAKE A BREATH

**OBSERVE**: What am I thinking? What am I reacting to? What am I feeling in my body?

**PULL BACK**: Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

**PRACTISE WHAT WORKS**: What's the best thing to do for me, for others, for this situation?

# STOPP

#### **TAKE A BREATH**

**OBSERVE**: What am I thinking? What am I reacting to? What am I feeling in my body?

**PULL BACK**: Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

**PRACTISE WHAT WORKS**: What's the best thing to do for me, for others, for this situation?





## **TAKE A BREATH**

**OBSERVE**: What am I thinking? What am I reacting to?

What am I feeling in my body?

**PULL BACK**: Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

PRACTISE WHAT WORKS: What's the best thing

to do for me, for others, for this situation?

#### STOPP

## **TAKE A BREATH**

**OBSERVE**: What am I thinking?

What am I reacting to? What am I feeling in my body?

**PULL BACK**: Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

**PRACTISE WHAT WORKS**: What's the best thing to do for me, for others, for this situation?



