



STOPP

Stop

- Stop and step back. Don't act immediately. Pause.

Take a breath

- Take one slow, deep breath.
- IN through the nose-hold it- OUT through the mouth.

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 am I on THE FIZZ scale?

Pull Back

- Zoom out! See the big 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?
- What meaning am I giving this event for me to react in this way?
- How important is it right now, and will it be important in 6 months?

Practice

- Practice what works. Proceed only when you are sure.
- Do I have to act now? Can I wait and see?
- Consider the results of any action and what's BEST for this situation