

# STOPP technique

## **STOP!**

- Just pause for a moment

## **TAKE A BREATH**

- Notice your breathing as you breathe in and out. In through the nose, out through the mouth.

## **OBSERVE**

- What thoughts are going through your mind right now? • Where is your focus of attention? • What are you reacting to? • What sensations do you notice in your body?

## **PULL BACK - PUT IN SOME PERSPECTIVE**

- **DON'T BELIEVE EVERYTHING YOU THINK!** • What's the bigger picture? • Take the helicopter view. • What is another way of looking at this situation? • What advice would I give a friend? • What would a trusted friend say to me right now? • Is this thought a fact or opinion? • What is a more reasonable explanation? • How important is this? How important will it be in 6 months time? • It will pass.

## **PRACTISE WHAT WORKS - PROCEED**

- What is the best thing to do right now? • What is the most helpful thing for me, for others, for the situation?
- What can I do that fits with my values? • Where can I focus my attention right now? • Do what will be effective and appropriate.