

## **'AWAY'**

Moving away from the life outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

## **'TOWARDS'**

Moving towards the life outcome you want, acting *effectively*, behaving *like* the person you want to be

Choice  
point

## **HOOKS**

Difficult/unhelpful thoughts, feelings, sensations, and memories that 'hook' you

## **HELPERS**

Values, strengths and skills that help you to act like the kind of person you want to be

## **CHALLENGING SITUATION**

### **At the choice point, STOP:**

**S**- Slow down - Slowly breath; or slowly press your feet down; or slowly stretch

**T**-Take note - Notice what you are feeling & thinking; notice the world around you & what you are doing

**O**-Open up - Make space for your thoughts & feelings; allow them to freely flow through you

**P** -Pursue values - Remember your values, and find a way to act on them (no matter how small)