STOPP

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TAKE A BREATH

What am I reacting to?

someone else see this?

OBSERVE: What am I thinking?

What am I feeling in my body?

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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?

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