

'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)