



STOPP is CBT in a nutshell and is a key skill can help you start to take control of your emotions and your life.

S TOP !

- Just pause for a moment

T TAKE A BREATH

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

O BSERVE

- 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.