

STOP PRACTISE DIARY WITH EXAMPLE

<i>What was the situation?</i>	<i>What was going on with you when you thought to take a breathing space? (body, mind and emotions)</i>	<i>What did you notice while you were doing the breathing space? (body, mind, and emotions)</i>	<i>What did you notice after you did the breathing space? (body, mind, emotions, and actions)</i>	<i>What did you learn?</i>
I was in a meeting where someone was saying something I knew to be untrue	Heart was pounding, stomach was tight. I felt angry and I thought “He knows that’s a lie!”	Shoulders were tight, but when I paid attention to breath, I felt things start to loosen a bit	Stomach and shoulders were a little looser. I did respond but it came from a much calmer place	Using STOP prevented me from reacting negatively. I needed the breathing space.

