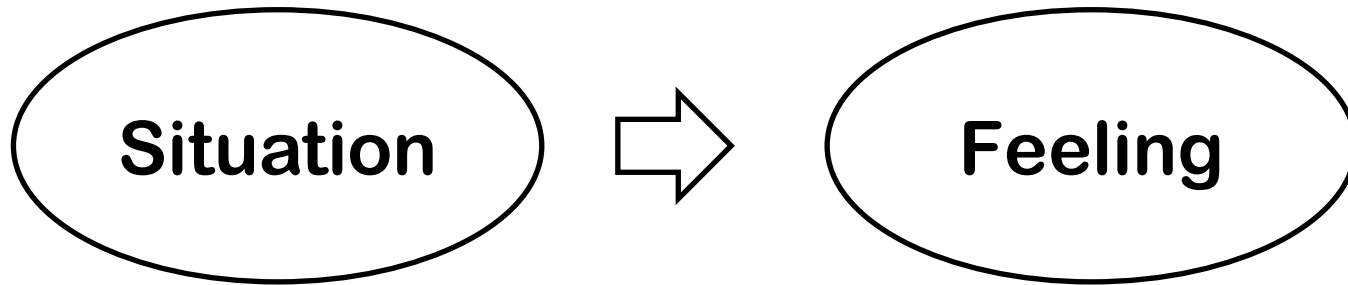# STOP

A technique to help us capture our thoughts

TalkPlus

Identifying unhelpful thoughts

- It is useful to identify unhelpful thoughts that are causing us distress.

- Initially it may be difficult to capture our thoughts as it is not something we do in our day to day lives.

- STOP will make this easier

Identifying Negative Automatic Thoughts

Situation ⇒ Feeling

Situation ⇒ **Thought** ⇒ Feeling

When you notice you are feeling low or anxious...**STOP**!

Stop

Time to breathe

Overview

Perspective

When you notice you are feeling low or anxious...**STOP**!

- **S**top what you are doing and take a moment

When you notice you are feeling low or anxious…**STOP**!

- **T**ime to breathe:
pay attention to your breathing

When you notice you are feeling low or anxious…**STOP**!

- **O**verview/observe.

 For example: "What am I telling myself right now?", "What is making me feel this way?", "What bad thing am I predicting will happen?"

When you notice you are feeling low or anxious…**STOP**!

- **<u>P</u>**erspective - record the thought going through your mind to get a better perspective.

"what is another way of looking at this situation? "What would I say to a friend?" Is this a fact or opinion?"

Troubleshooting

- My thoughts are questions → answer them

- I can access my thoughts but then forget about them → record them ASAP

Take Home Message

Using this technique will help access thoughts that are contributing to distress

It is the first step in helping to challenge these thoughts to help overcome these difficulties

Next Steps

- Practice!

- Read through the steps often.

- Practice STOP when you don't need it.

- Start to use it for little upsets.

Next Steps

- Eventually you can use it for more distressing situations. It will become automatic over time.

- The earlier you use it, the easier and more effective it will be

- A PDF is freely available at https://www.talkplus.org.uk

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