STOPP

thought challenging

S



Stop and step back **from** the situation

T



Take a few deep breaths

O

Observe what is happening (think of feelings, images, thoughts, body sensations)

- Where is my attention?
- Is this thought based on fact or opinion?
- How is this making me feel?
- What's happening right now?

P

Put it into perspective

- what are the benefits of holding onto this thought? is there another way of thinking about this
- How important is this thought and how important will it be in x amount of time?
- is this helpful?

P



Practice what works!

- What can I do that will be the most helpful in this situation based on a more balanced/helpful view?

TIPS AND TRICKS

- This is something that takes a bit of time to figure out! Keep trying!
- Remember you can combine this tool with other relaxation strategies

designed by Ashleigh Dine
(Social Worker, Marinoto West)

Types of thought traps

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FORTUNE TELLING

This is when we predict that things will turn out badly, but in reality we cannot predict the future

BLACK AND WHITE THINKING

This is when we only look at situations in terms of extremes. For example, things are either good or bad. But in reality, most events call for a more "moderate" explanation

MIND READING

This trap happens when we believe that we know what others are thinking and we assume that they are thinking the worst of us. The problem is that no one can read minds, so we don't really know what others are thinking!

LABELLING

Sometimes we talk to ourselves in unhelpful ways and use a single negative word to describe ourselves. This kind of thinking is unhelpful and unfair. We are too complex to be summed up in a single word!

OVER-ESTIMATING DANGER

This is when we believe something that is unlikely to happen is actually right around the corner. It's not hard to see how this type of thinking can maintain your anxiety. For example, how can not feel scared if you think that you could have a heart attack any time?

FILTERING

This happens when we only pay attention to the unhelpful things that happen, but ignore all the helpful things. This prevents us from looking at all aspects of a situation and drawing a more balanced conclusion

CATASTROPHISING

This is when we imagine that the worst possible thing is about to happen, and predict that we won't be able to cope with the outcome. The imagined worst case scenario usually never happens and if it did, we are most likely able to cope with it.

SHOULD STATEMENTS

This is when you tell yourself how you "should" or "must" feel/behave. However, this is not how you actually feel or behave. The result is you are constantly anxious and disappointed with yourself and/or others around you