STOP

STOP (TIM GALWEY)

PURPOSE OF THE TOOL: Serves to neutralize the performance of Self 1 and ensure the expansion of self-awareness, helping to connect behavior with results.

S - STEP BACK: take a step back and observe yourself
- Has the way you talk to yourself helped you?
- Have you been fair to yourself and people in these circumstances?
- How have you been feeding this voice (your thoughts and beliefs about such a situation)?
- What resources have you used to form your opinion on these facts?
- Is all this evidence and everything you've been believing about it 100% true?
- Is there any possibility that you are perceiving something in a distorted way?

T - THINKS
- What are the consequences that these thoughts give you?
- Are the results you are getting from seeing this situation in this way what you would like?
- Is there any relationship between the way you have seen this situation and the reactions you have had?
- What feelings do you have when you look at things the way you've seen them?
- When you feel this way, how do you react?
- Do you believe that these reactions are capable of providing you with the results you would like?

O - ORGANIZE: organize your attitudes and choose actions that will favor your results.
- What thoughts would you like to put in place of these current ones regarding this situation?
- How could you seek information from other sources that would broaden your point of view?
- What feelings would give you the ability to act assertively?
- What attitudes would give you better results?

P - PROCEED: proceed now, but acting and interacting with focused awareness.
- What behaviors will you adopt from now on in relation to this situation?
- What could you do to get yourself to behave this way?
- What could lead him astray or prevent him from doing so?
- What will you do to make sure this doesn't happen?
- How will you know you've managed to change your behavior?
- What will be happening when you have changed the way you think, feel and act?