Stop, Challenge, Choose

This process can be used in a few seconds or the steps may take much longer - adapt it as needed. There are two versions: the "On The Fly" and the "Deep Dive."

"On The Fly" Version: For quickly catching a reactive tendency and making a better choice in the moment.

STOP: Take a deep breath and drop your shoulders. Center. Then ask yourself...

CHALLENGE: What feeling am I experiencing? Name it.
What must I be telling myself or believing about this event that is having me feel this way? Are there any other possible interpretations? How might my biases be showing up?
What is the objective data in this situation? Next...

CHOOSE: What is my long-term desired result in this situation?
What response will best lead to my long-term desired result and lines up with objective reality?

"The Deep Dive" Version: For a reaction that really has you stuck, where you can't see a way forward.

EVENT	What is happening that I am reacting to? (who, what, where, when)	

STOP	**HIT "PAUSE" ON IMPULSE TO ACT:**	(You can't think clearly when you are emotionally activated)
	• Do what it takes to get calmer – Center; deep breaths; feel feet/seat	
	1. NOTICE MY REACTIVE TENDENCIES: • Is there a familiar overall tendency/saboteur showing up? What has helped me manage this well in the past?	
	2. Mood: • What feeling am I having? Is there any overall mood I am caught in the grip of?	
	3. Body response/sensations: • Any familiar body sensations?	

CHALLENGE	**EXPLORE ALTERNATIVE, GENERATIVE POSSIBILITIES:**	(Remember: "Assume Innocence. Be Curious.")
	1. Current Narrative/"Story": • What is the objective data in this situation? How might my biases be influencing my perspective? Given how I am feeling, what (maybe totally illogically) must I be telling myself or believing about this event that is having me feel this way? • What am I saying about other people? What am I "making up"? • What am I believing about what will happen (consequences)?	

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	2. Alternative Narratives/Story: • Are there any other possible interpretations that may line up as well or better with the objective facts? • Am I being overly negative, fearful, or judgmental? • Will my "reactive" interpretation help move toward my commitment and achieve both my short and long-term goals? • Will my "reactive" interpretation best help me avoid my most undesirable and unnecessary conflicts with others? Best help me feel emotionally the way I want to feel?	
	3. Mood: • What emotions might better serve me? What is the emotional range that serves me?	
	4. Body response/sensations: • Any part of my body sensations I can shift to better serve me?	

CHOOSE	**SELECT A PATH FORWARD THAT BEST LINES UP WITH REALITY AND YOUR DESIRED OUTCOMES:**	You don't have to figure out all the moves – just the appropriate response/next step.
	• What is my long-term desired result in this situation? • What kind of relationship do I want with this person? Or if no one else is involved what kind of experience of myself do I want to have moving forward?	
	1. Narrative/"Story": • What is <u>the</u> most constructive and possible accurate narrative I can run with and test?	
	2. Mood: • What feelings would serve me best? • How can I authentically have those?	
	3. Body response/sensations: • How do I want to experience my body?	
	And then choose actions most aligned with what you want and what is important to you.	

Adapted from "Play to Win: Choosing Growth Over Fear in Work and Life" by Larry Wilson and Hersch Wilson (Bard Press, 1998)

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