

# STOP IT NOW

## Worksheet



**Write down a goal or desire that you would like to accomplish:**

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### STORY

This is a narrative about the event or person, the individual's belief system, or the narrative that everything is filtered. These can be rational beliefs (consistent with reality, based on fact and data) or irrational beliefs (not supported by evidence or reality). This narrative was either caught or taught.

**Write down the story that comes up when you think about this goal:**

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### THOUGHTS/TRIGGERS

This is the mental consequences of the story about the event that triggers dysfunctional thinking. These are the obvious signs of discomfort, such as anxiety, depression, anger, fear, guilt, and so on.

**Write down the thoughts and triggers that come up when you think about this goal:**

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## OBSTACLES

These situations or behaviors block, prevent, or hinder progress. Note that these are the behaviors that are a consequence of your triggers. They can be distractions, people, or limitations.

**Write down the obstacles that come up when you think about this goal:**

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## PATTERNS

The emotional, mental, and behavioral responses that are a consequence of the interaction between the triggers and obstacles. These are your habits. Habits are settled or regular tendency or practice, especially one that is hard to give up.

**List your patterns/habits that prevent you from accomplishing your goal:**

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## ART OF LIFE

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