

STPHFR: 5 Intervention & Choice Points

- 1 Switch your attention away from the event (S) by accepting it and letting it go and then refocus on something else.
- 2 Switch what you are thinking (T) about (S) to more accepting, charitable, constructive, helpful, productive, or rational thinking.
- 3 Rebel and refuse to keep repeating (P) and dwelling on your destructive or disturbing thoughts or memories about (S).
- 4 Rebel and refuse to take your disturbing thoughts to heart (H).
- 5 Refuse to act the negative way that you feel (F) about (S).

For more information, please read *Stiffer*.

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