

## STPHFR: 6 Steps of Feeling & Behaving

<b>S =</b>	What event, experience, or memory (S) got your attention?
<b>T =</b>	What are you thinking (T) about the stimulus (S)?
<b>P =</b>	What thoughts are you playing back (P) over again about S?
<b>H =</b>	What did you buy into, identify with, own, or take to heart (H)?
<b>F =</b>	What feelings (F) are you having about what you owned (H)?
<b>R =</b>	What is your response (R) to your feelings (F) about S?

For more information, please read *Stiffer*.

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