

STPHFR Worksheet with Complete Map & Example 3Rs

Stimulus (S)	Thinking (T)	Playback (P)	Hearting (H)	Feeling (F)	Response (R)
Joan called me stupid.	How can she be so mean?	How did I get stuck in this mess?	I am stupid and she is mean.	I feel angry and hurt.	I'll have to stop being nice to her.
Recognize Joan was in a bad place. I should not have tried to help her.	Recognize She must be stressed and hurt to lash out like that.	Recognize I'll learn to let people have more space when they are upset.	Recognize I have to stop damning myself and others for mistakes.	Recognize Now I am angry and hurt too so this will get worse.	Recognize I'll support her when she is calm and not when she is upset.
Remove I can't change what happened. I need to move on & let it go.	Remove We all tend to act mean when we are stressed or hurt.	Remove Crowding people does not help them or me. Space can work too.	Remove If I made a mistake that cannot make me a mistake.	Remove Feeling angry and hurt, I can still choose to act otherwise.	Remove I will be responsible for my part, not her part.
Replace I feel sorry for her that she went so lizard brain.	Replace Too bad, oh well. Time to refocus elsewhere.	Replace I'll look before I leap and avoid it next time.	Replace She overreacted better I don't too.	Replace I will feel caution, concern, and forgiveness.	Replace I will kill her with kindness when appropriate.

For more information, please read *Stiffer*.