

STPHFR: Worksheet for Mapmaking & Using 3Rs

Stimulus (S)	Thinking (T)	Playback (P)	Hearting (H)	Feeling (F)	Response (R)
What event, experience, or memory (S) got your attention?	What are you thinking (T) about the stimulus (S)?	What thoughts (T) are you playing back (P) about S?	What did you buy into, identify with, own, or take to heart (H)?	What feelings (F) do you have about what you owned?	What is your response (R) to your feelings (F) about S?
Recognize	Recognize	Recognize	Recognize	Recognize	Recognize
Remove	Remove	Remove	Remove	Remove	Remove
Replace	Replace	Replace	Replace	Replace	Replace

For more information, please read *Stiffer*.