



MODULE 4: THE STOP PROCESS

with Alex Howard



Recap of what we've covered



- Module 1 - The Mindset of Change
- Module 2 - The Art of Mindfulness
- Module 3 - Self-awareness Bootcamp

What we need
at this point
in RESET is...

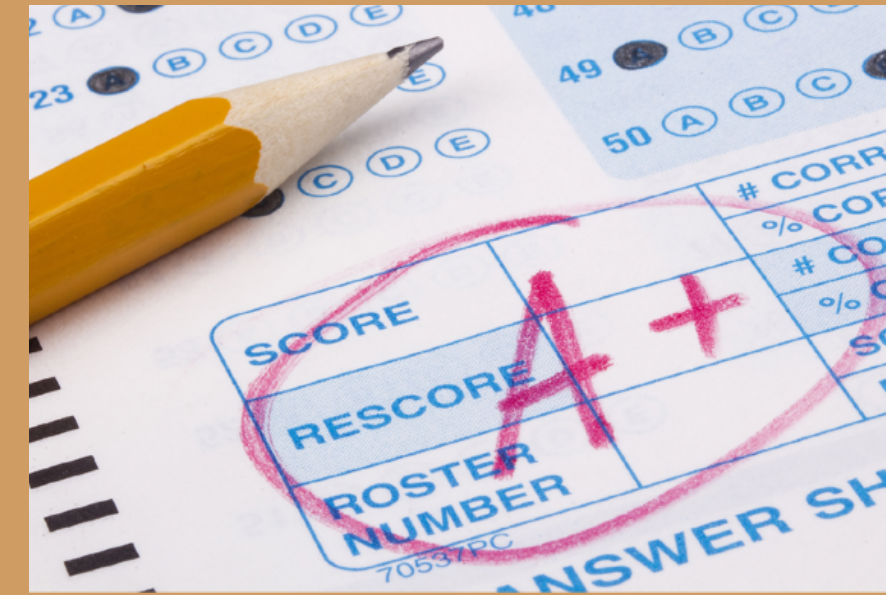
A way of breaking
the patterns we
have now become
conscious of!

PERSONALITY PATTERNS

Energy depleting psychologies:



Helper



Achiever



Perfectionist



Anxiety



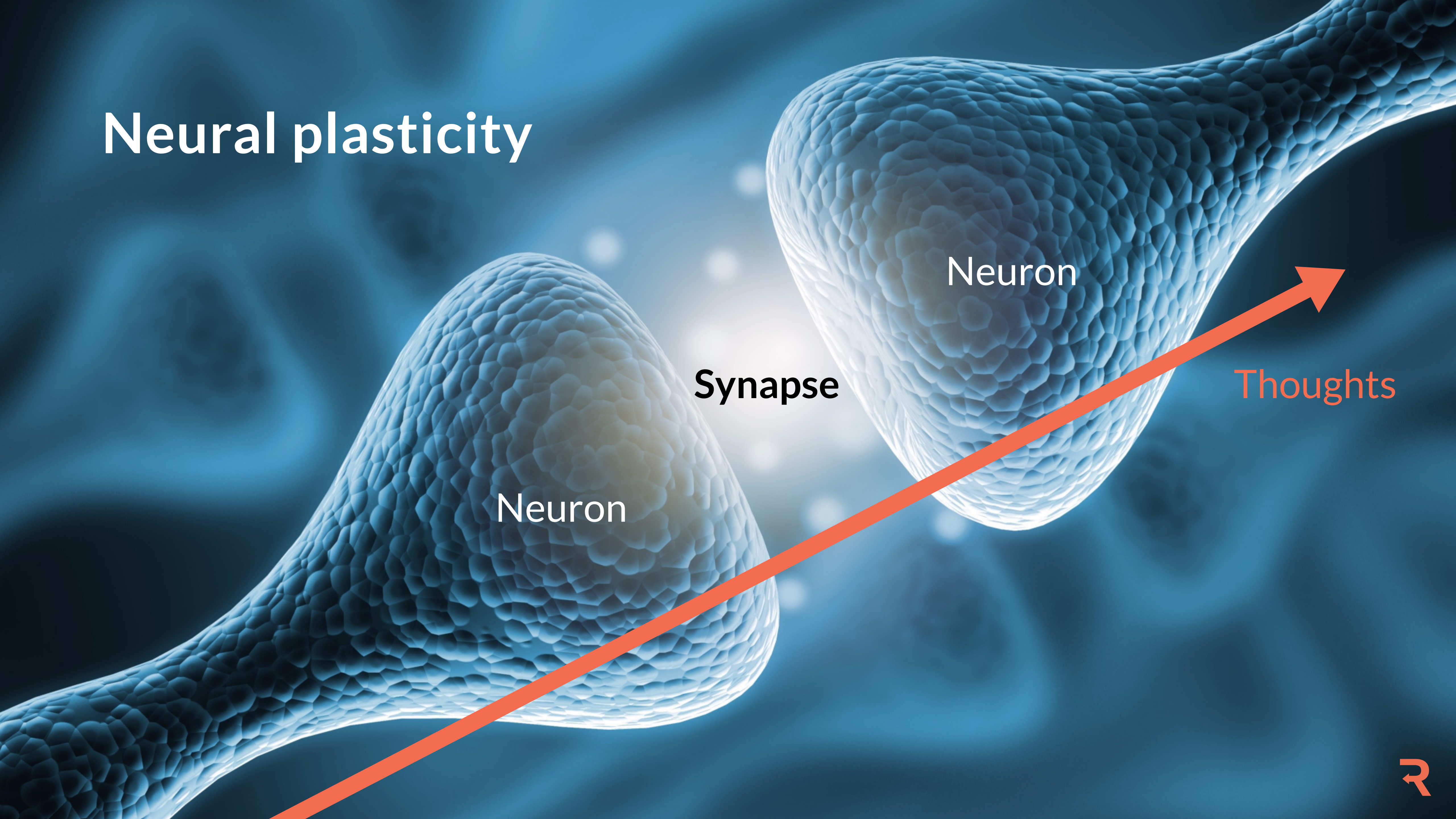
Controller

What we are going to cover today...



- The science of how habits are created
- The STOP Process - a powerful tool for breaking habits
- The 5 patterns that most people have
- How to break a pattern and condition a new one

Neural plasticity



Neuron

Synapse

Neuron

Thoughts



Conditioning a new habit

- Habits are created through repetition
- Often that repetition is unconscious
- To change we need to become conscious of what is happening unconsciously

The stages of conscious competence

- Unconscious competence
- Conscious competence
- Conscious incompetence
- Unconscious incompetence



The STOP Process steps

1. Recognise the pattern
2. STOP
3. Choose - “Do I want to keep doing this?”
4. Shift attention
5. Positive reinforcement - “Well done”



**DO NOT BE FOOLED BY THE
SIMPLICITY OF THIS PROCESS**

IT IS SIMPLE, IT IS NOT EASY!

Setting your STOP button

Communication to ourselves and others is:



7% words



38% voice tonality



55% body posture

The way you say STOP is a lot more important than the actual words



Qualities of an effective STOP button

- Firm and clear
- Gentle and kind
- Non-judgemental
- Empowering and supportive

If your STOP button takes on the quality of shaming yourself or telling yourself off, then you need to change it.



The power of choice

In the moment we have the awareness of the pattern, we have two choices...

1. Let the pattern continue
2. **STOP** the pattern and shift our attention

Remember, these patterns are on one level just a habit - we need to condition a new response

Reinforcing the positive

- As we are working to break the old pattern, we also want to cultivate a new positive way of relating to ourselves
- At the end of each cycle, we say to ourselves, “Well done”



The STOP Process steps



1. Recognise the pattern



2. STOP



3. Choose - "Do I want to keep doing this?"



4. Shift attention



5. Positive reinforcement - "Well done"

SIMPLE PATTERNS TO START WORKING WITH

1. Mental tennis
2. Snowball thinking
3. Mind-blending
4. Inner critic
5. Windows ME





LET'S PRACTICE TOGETHER...

The STOP Process steps

1. Recognise the pattern
2. STOP
3. Choose - “Do I want to keep doing this?”
4. Shift attention
5. Positive reinforcement - “Well done”



ONE OF THREE THINGS WILL HAVE HAPPENED...

1. You felt a shift in the pattern and things calmed a little
2. Nothing
3. The pattern got worse

Whatever happened, is OK!



**LET'S PRACTICE
TOGETHER AGAIN...**

CONDITIONING A NEW PATTERN

- Sometimes we need to work on the same pattern a number of times
- Sometimes it is like peeling layers off an onion
- Sometimes it takes a while for the chemicals in our nervous system to settle





Breaking the patterns that feed the issues...

Patterns to look out for:

- I've tried everything, this won't work
- I don't have what it takes to do this
- This technique is too simple
- I won't be able to remember



**LET'S PRACTICE TOGETHER
ONE MORE TIME...**

HOW DO I PRACTICE WHEN AROUND OTHER PEOPLE?

- It is possible to be anxious and no-one know about it...
it's therefore possible to do the STOP Process
- Try visualizing yourself doing it
- Try just feeling the steps

**REMEMBER
THE
FIVE Ps**

Patience

Precision

PRACTICE

Persistence

Perseverance

HOW DOES THIS INTERFACE WITH MEDITATION?

- Meditation helps calming overall
- STOP Process stops the patterns that re-stress the system
- If we have patterns in the way of meditation, it also helps work with those



HOW DOES THIS RELATE TO OUR EMOTIONS?

- We are not trying to stop our emotions
- Actually, we want to learn to feel our emotions
- We will get into this more in Module 6

Example Thought Dia

8:30am - Getting Up

- My alarm went off, I woke up and felt exhausted. I didn't need to get up yet.
"I won't get better if I don't get on with things" and made myself get up.

11:00am - Call from Mum

- Mum called me to ask if I could come to Sunday lunch. My heart sank at the thought. I ignored how I felt and said I'd do my best to be there. I probably won't go, but I don't want to let her down, and will spend the week worrying about it.

2:30pm - Email from Work

- Got email from work about meeting I need to attend. Spent afternoon imagining different scenarios in my head. Trying to get a sense of comfort with it, but can't stop thinking about it.

What next?

- Remember the Thought Diary we did in Module 3?
- Need to start practicing this multiple times a day
- Be proactive, and when needed also be reactive

Coming up...

- Next module we are learning the PRESENCE Process - a way of going deeper with STOP
- Module 6 we will start bringing emotions into the process



