

# My *Real* BANIS LIFE

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Think of **STOP** as an acronym that walks you through hitting the pause button before your emotions take over:

**S**

**STOP:** Resist the urge to react immediately. Picture a big red stop sign in your mind. Don't say or do anything impulsively, just pause.

**T**

**Take a Step Back:** Physically or mentally remove yourself from the situation. This creates space between you and your emotions, giving you a moment to reset. Even if you can't literally step away, shifting your focus helps prevent knee-jerk reactions.

**O**

**Observe:** What's happening inside and outside of you? Notice your thoughts, emotions, and physical sensations without judgment. What's the situation? How is your body reacting? What story is your mind telling you?

**P**

**Proceed Mindfully:** Respond in a way that aligns with your values, not just your emotions in the heat of the moment. Instead of reacting impulsively, choose a response that serves you in the long run.

By following these steps, you gain control over how you react instead of letting emotions call the shots. It's like switching from a wild rollercoaster ride to cruising at a steady speed.



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