

S
SENSATIONS
Physical **sensations** in the body, e.g. heat, tightness, tingling, heaviness ...

S
STIMULUS
What actually or **factually** happened?
Observation without evaluation

S
SHOULD THINKING
Cause of anger: Thinking that someone or something **should** or **should not** be or behave in a certain way. This can take the form of judgment, blame, criticism ...

CUT ALONG DOTTED LINE TO LAY THE 6 PIECES OF "SSSTOP" IN ONE STRAIGHT LINE

T
TRANSLATE TO NEEDS
Translate "should-thinking" by hearing the unfulfilled **need(s)** beneath it.

O
OPEN TO FEELINGS
Open to **emotions** that come up when we touch our unmet needs, e.g. feelings of fear, hurt, shame, sorrow, despair ...

P
PRESENT REQUEST
Making a present **request** in concrete, positive language moves us towards meeting the need beneath our anger