

THE SPIRAL STOPPER

Complete this template for as many scenarios as necessary and place copies around the spaces where you most commonly experience these spirals and overwhelm. You may also want to take a photo and keep it on your phone for quick reference on the go!

When I start to feel or think _____

I am going to immediately execute one or more of the following spiral stoppers (60-90 seconds+):

1. _____
2. _____
3. _____
4. _____
5. _____

Once I have executed one or more spiral stopper, the thought reframe I wish to implement is: _____

Additional notes: _____
