

Instructions for Producing SSSTOP Flow-chart

SUPPLIES NEEDED TO CREATE ONE SSSTOP FLOW-CHART

One Flow-chart is adequate for demonstration in a group of up to 20 participants. For larger groups, a second Flow-chart posted on the wall behind the facilitator would contribute to greater visibility.

1. 8 1/2" x 11" paper in the following colors:
 - red, 2
 - yellow, 1
 - orange, 1
 - blue, 1
 - green, 1
2. Photocopier
3. Laminator and six 8 1/2" x 11" laminating sheets

DESCRIPTION OF FINISHED FLOW-CHART

Six 8 1/2" x 11" color-coded laminated sheets arranged in horizontal formation.

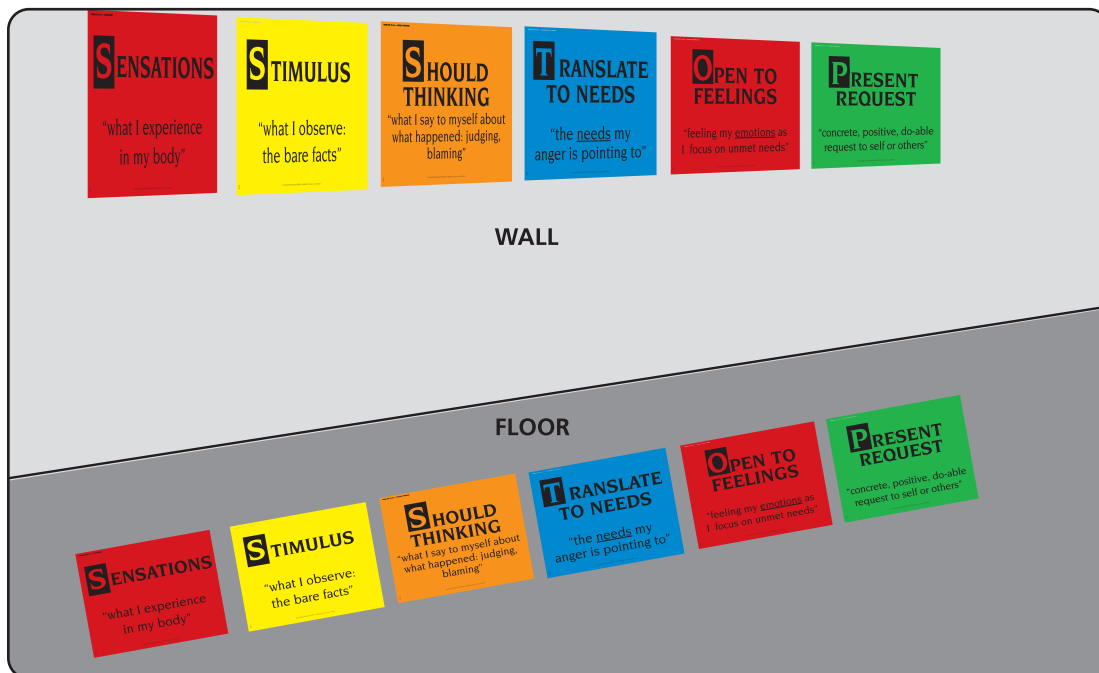


Diagram of SSSTOP Flow-chart

STEP-BY-STEP INSTRUCTIONS FOR PRODUCING ONE SSSTOP FLOW-CHART

1. Print each template on a sheet of colored paper as indicated:
 - Template 16.3–1: “SENSATIONS” on red paper
 - Template 16.3–2: “STIMULUS” on yellow paper
 - Template 16.3–3: “SHOULD THINKING” on orange paper
 - Template 16.3–4: “TRANSLATE TO NEEDS” on blue paper
 - Template 16.3–5: “OPEN TO FEELINGS” on red paper
 - Template 16.3–6: “PRESENT REQUEST” on green paper
2. Laminate each page.

TEMPLATES PROVIDED

- Template 16.3–1: “SENSATIONS”
- Template 16.3–2: “STIMULUS”
- Template 16.3–3: “SHOULD THINKING”
- Template 16.3–4: “TRANSLATE TO NEEDS”
- Template 16.3–5: “OPEN TO FEELINGS”
- Template 16.3–6 “PRESENT REQUEST”

SENSATIONS

“what I experience
in my body”

S TIMULUS

“what I observe:
the bare facts”

SHOULD THINKING

“what I say to myself about
what happened: judging,
blaming”

TRANSLATE TO NEEDS

“the needs my
anger is pointing to”

OPEN TO FEELINGS

“feeling my emotions as
I focus on unmet needs”

PRESENT REQUEST

“concrete, positive, do-able
request to self or others”