

Stimulus → Choice → Response Worksheet

Understand what you can and can't control:

Stimulus: Acknowledge the *external triggers* and notice your *internal thoughts and your feelings*.

Choice: Learn to make a choice, about how you wish to respond to the situation, your thoughts and your feelings (aka *emotional self-regulation*).

Response: Take responsibility for your actions. You have 4 choices for how to respond to everything that you do not control. Use the steps below as a guide.

“Stimulus” refers to anything and everything outside and inside of your body.

You have no control over the stimulus:
You simply become aware of it.

External Stimulus is outside your body: Other people, places and things: Example: Pandemic, poverty, injustice, noise, crowds, traffic, finances, work load, school, relationships, conflict, demands, deadlines..... List your external stimulus:

Internal Stimulus is inside of you: emotions, thoughts, bodily sensations

Example of emotions: worry, anxiety, anger, guilt, shame, sadness, grief, jealousy, resentment, boredom, loneliness
Example of thoughts: “Life is unfair...It’s their fault...Bad things always happen... Can’t make mistakes...I’m not enough...”
Example of your biology: health: insomnia, tears, stomach issues, fatigue, rapid pulse, chronic pain, muscle tension.....
List your emotions, thoughts and bodily sensations:

You

have

A

choice

Responsible means:

You are

ABLE to

CHOOSE

Your

Response.

Response

You have no choice about the stimulus, but you can choose what happens next.

..You choose *your response*.

- Fight: Stuck in Blame/Anger/Rage**
Feeling stuck in blame, resentment & anger, “I should not have to feel this way!” “They are the problem! It’s their fault!—demanding that “they” change.
- Flight: Avoid/Deny/Escape with bad habits and self-defeating behaviors;**
Quick fixes/denial & avoidance
Excessive social media, working, eating, cleaning, spending, clutter, gambling, porn, **unhealthy relationships codependence**— (obsessing about other people and how *they* should change) gossip, affairs, tantrums, domestic violence, smoking/drinking/drug abuse.
- Freeze: Wounded/Victim/Martyr**
Feeling stuck in worry loops, helpless, inferior, passive and afraid. Waiting to be rescued, helped or saved.
- Choose Dignity & Self-Respect:**
Be the best version of yourself by Aligning thoughts & actions with your values— be the role model.
 - Breathe (calm mind = wise mind)
 - Reframe (Challenge distorted thoughts)
 - Embrace emotions: self-compassion
 - Accept lack of control and own flaws
 - Treat problems as opportunities to learn
 - Help yourself with problem-solving
 - Engage with support and solutions to build strategies for coping.

