



*stop  
breathe  
ask*



## STOP

- Stop reacting when you are emotionally triggered or stuck
- Disengage to reengage more effectively and thoughtfully
- Interrupt an emotional response pattern



## BREATHE

- Take 3 deep belly breathes
- Bring oxygen back to your thinking brain
- Practice mindfulness
- Let go of the need to be right



## ASK

- Ask open ended questions for clarification
- Be curious not judgmental
- Practice active listening
- Clarify your intention
- Connect to their intention
- Avoid questions that start with “why”
- Ask questions that start with how, what, when, where and who