



Change Academy Lab Notes

TOPIC: Habits and Identity

EPISODE #51

NOTES/TAKEAWAYS:

EXPERIMENT:

Try this CBT technique (called STOPP)

1. **STOP:** If you hear yourself using terms to describe yourself that seem limiting, stop.
2. **TAKE A BREATH:** Breathe in and out a few times slowly.
3. **OBSERVE:** What am I really saying about myself? What do these words or terms cause me to think about myself?
4. **PERSPECTIVE:** Consider the bigger picture. Is this an important fact about me? Could there be a different way of presenting this aspect of myself? What would someone else say about you if they were asked?
5. **PRACTICE:** Don't just do this once. Replacing a well rehearsed identity will take time, so don't give up!

OBSERVATIONS:

FURTHER EXPERIMENTS: