

Which will it be? STOP and choose!

C – caution, fear

R – reaction

I – imagining the worst

S – speed

I – identifying an enemy

S – survival, self, strength, sight

L – let it be a lesson

I – inhibit reactivity

F – fear not, stay free

E – encourage equanimity

T – trust in God

A – ask for the help you need

S – slow down, stop, sink

K – keep your eyes open

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