At the choice point, STOP:

S- Slow down - Slowly breath; or slowly press your feet down; or slowly stretch
T- Take note - Notice what you are feeling & thinking; notice the world around you & what you are doing
O- Open up - Make space for your thoughts & feelings; allow them to freely flow through you
P- Pursue values - Remember your values, and find a way to act on them (no matter how small)

The ‘Choice Point’ worksheet – from The Weight Escape, © Ciarrochi, Bailey, and Harris, 2013