

Calling an “All-Stop”

Application Guide

What are your personal indicators (they can differ for each individual) that you should consider calling an “all-stop”? I.e., feeling like you need to escape, panicking, etc.

What would you have to do to call an “all-stop”? What impact would it have at work? At home? Socially?

Calling an “all-stop” is never done without impact on your life. It can, in fact, be hard to do. Now, look at your answer to the previous question. Would it be possible for you to call an “all-stop” if you really needed to? Would you be willing to consider the option?

What benefits do you personally feel you would receive if you called an “all-stop” during a period of high stress?

Are these benefits worth the challenges associated with calling an “all-stop”? Why or why not?

