

S.T.O.P. To Keep Relationships Moving

How taking a pause can build momentum

When things are important to us, we tend to be passionate about them. That seems obvious, sure, but that kind of emotion is often a double-edged sword. The same romantic spark that brings a couple together can also fuel their interaction, sometimes turning a discussion into an argument or igniting a full-on blowout. Similarly, enthusiasm for a project unites a work team, but can also derail the progress train when team members strongly disagree. On the bright side, when things get tense in any relationship, it's because we care enough to get emotional in the first place. That's a good thing. What's not so good is when things get emotionally heated to the point that the interaction stops being productive.

The S.T.O.P. Method

- Stop what you're doing or saying.
- Take a breath.
- Observe your current emotional state without judging or analyzing, giving your emotions a moment to register and diminish on their own.
- Proceed with an appropriate action when you're ready.

This method can be a powerful tool to disrupt the downward spiral of a conversation, whether it involves a romantic partner, colleague, or friend. It gives you a moment of breathing space to step out of an emotional cycle, center and calm yourself before continuing.

Often, the S.T.O.P. Method works by itself as a reset button, helping a conversation get back on the productivity path. Sometimes, though, if emotions or stakes are particularly high, you may want some additional strategies for transitioning from the Observe to the Proceed stages. Here are some thoughts to help you proceed more productively:

運用S.T.O.P. 重啟心關係

暫停片刻更有前進的動力

當我們遇到重要的事，很容易滿腔熱情地一頭栽進去。

聽起來理所當然，不過這種激情常是雙面刃。一對情侶擦出的浪漫火花，儘管會讓他們的互動更熾熱，有時也會擦槍走火，好好的討論變成爭吵，甚至引燃熊熊怒火。

同樣的，工作團隊對專案的熱情，可以凝聚向心力，但當團隊成員發生強烈的歧見時，也可能導致翻車，拖垮進度。往好處想，任何關係變得緊張，是因為大家都很在乎，情緒才會一下子激動起來。這是好事。缺點是一旦演變成意氣用事，反而會阻礙互動，讓事情難以繼續推動。

S.T.O.P. 溝通法

- 暫時停下正在做的事或說的話。
- 深吸一口氣
- 觀察當下的情緒狀態，不評判也不分析，給情緒一點時間沈澱，並慢慢消退
- 繼續向前，做好準備以恰當的回應繼續對話

運用這個方法可以有效阻斷陷入惡性循環的對話，無論雙方是情侶，同事，或朋友。它會給您片刻的喘息空間，從情緒漩渦裡脫身，重新對焦，冷靜下來後再繼續。通常

S.T.O.P.法就像按下重啟鍵，幫助對話倒回原先具建設性的道路上。然而，有時候情緒或對峙狀態太過激昂，從觀察情緒，轉換到繼續向前的階段時，您可能需要額外的策略。

以下這些想法可以幫助您更有效地重啟對話或關係：



Think twice, especially if the conversation or relationship isn't going well. Think carefully about your next response. Will it be constructive? Will it be hurtful? Have you said it before, and if yes, what was the reaction? Rather than saying something that may throw fuel on the argument fire, choose to modify your words, or to not say them at all.

Introduce constructive phrases to demonstrate that your partner's feelings and thoughts are legitimate and important to you, like:

- That's a good point/That makes sense.
- I can understand why you would want that.
- You are right that...
- That's really important to you, isn't it?
- We're smart people. I know we can work this out.

Remember, you don't have to agree with a person's entire argument to concede to a point or honor their feelings. Phrases like this can help diffuse strong emotions and reframe a conversation to be more beneficial.

Hit pause on the conversation. This is particularly useful if you've taken a deep breath, observed your emotions and they're just not ready to go away. Stepping away from an irretrievably angry moment is preferable to escalating and saying things that are hurtful and can't be taken back. Choose a respectful, neutral "I" or "We" phrase to communicate that you need a pause, like "Let's take a break. I need a minute to collect myself." Or, "This isn't constructive, can we slow down for a moment?" Asking for a pause in a respectful, positive way sends a strong signal—both to your brain and your partner—that interrupts an argument's momentum and puts the discussion back on a constructive path.

三思而後行，尤其當對話或關係不順的時候。仔細想想接下來如何回應，是否有建設性？會造成傷害嗎？這些話以前有沒有說過，如果有，對方有什麼反應？與其講一些火上加油的話，不如思考如何措辭，或者什麼都別說。

使用正面的話語，表達對方的情感和想法是可以理解，且對您很重要的，例如：

- 這個看法不錯/有道理
- 我了解你為什麼要這麼做
- 關於...你是對的
- 這對你真的很重要，是不是？
- 我們都是聰明人，我知道我們做得到

請記住，您不需要退讓到完全同意對方的論點，或認同他們的感受。上述這些用語有助於緩和強烈的情緒，調整對話的框架，往有益雙方的方向進行。

在對話中按下暫停鍵。如果您已經深吸一口氣，觀察自己的情緒後，還無法平靜時，暫停一下特別有效。從難以抑制的憤怒情境中抽身，比在激憤之下，說出傷人的話而無法收回要好得多。用有禮而且中性的「我」或「我們」來表達您需要暫停一下，例如「我們暫停一下，我需要幾分鐘靜一靜。」或者，「這樣下去沒有幫助，我們可以停一下再說？」以尊重而正面的態度，要求暫停片刻，可以同時向您的大腦和同伴送出一個強烈的訊號，不僅可以阻斷爭執不休的循環，也將對話導引到正向積極的道路上。