



**This STOP sign is a  
Pattern Interrupt Neuro Tool**

Use this tool when you find yourself caught up in negative thoughts, memories and patterns that trigger fear.

1. Pull the STOP sign up to your face and yell STOP.
2. Repeat over and over – more intensity with each repetition.
3. Keep going until your mind has broken the negative pattern.
4. Follow with a Pivot and Anchor Neuro Tool.

Listen to the  
**Pattern Interrupt /Stop**  
Neuro Tool in your  
ICAN Mindset Membership

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