

# STOP Skill Worksheet

The STOP skill helps you stay in control when you feel an impulsive urge to act on your emotions. It prevents you from making a situation worse.

**S**

## Stop!

Don't move a muscle. Your emotions may be trying to make you act without thinking.  
Freeze!

**T**

## !! Take a Step Back

Get some distance from the situation. Take a breath. Don't let your feelings force you into action.

**O**

## ● Observe

Notice what is going on inside and outside you. What are the facts? What are you feeling and thinking?

**P**

## ► Proceed Mindfully

Ask your Wise Mind: What action will make this better? Act with awareness of your goals.

### PRACTICE RECORDING A RECENT SITUATION WHERE YOU USED (OR COULD HAVE USED) THE STOP SKILL:

**What was the situation?**

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**What was the result (or what would it have been)?**

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