

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?

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