

Using the STOP Skill

Use the STOP Skill when you are getting angry, impulsive, or upset. Practice it in calm settings so you can utilize STOP when needed in heated or overwhelming situations.

S

STOP

Pause for a moment. Stop what you are doing, and don't react to the situation impulsively.

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TAKE A DEEP BREATH

Breathe in and out slowly three times. Repeat as necessary until you've calmed down.

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OBSERVE WITHOUT JUDGEMENT

Take a look around you. Observe the situation objectively. What is happening in the here and now?

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PROCEED MINDFULLY

What would be the best outcome of this situation? Decide what you want to do, thinking of the outcome you want to create.

RECORD YOUR REACTIONS

What was the initial situation?

How did you avoid reacting in the moment?

Were you able to take deep breathes? Did it help?

What did you observe about the situation?

What did you decide to do?