

STOPP WORKSHEET

Note down your reactions and better alternative responses.

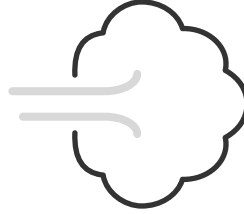
STOP



Do you have an intrusive or distressing thought, image, memory, or trigger?

Hold your hand on your chest and think, STOP.

TAKE A BREATH

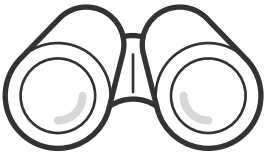


Just pause for a moment and take one deep breath.

OBSERVE

Notice thoughts going through your mind.

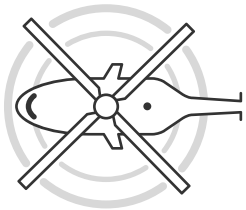
Write down what you are reacting to and how it's making you feel in your body.



PULL BACK

Distance yourself to see the situation from another's perspective.

What is a different way of looking at this? Write down the bigger picture.



PRACTICE

Practice what works. Write down the best actions for you to take now and in the future.

