



STOP Skill Practice

The STOP Skill gives us time to reflect on the next best move when we're in a crisis situation. For better understanding, we define crisis as any situation that we perceive to be somewhat more challenging for us than our perceived ability to cope with it.

Crisis Situation: What caused distress? Who was involved? Where did it happen? When?

_____ On a scale of 1-10 (with 10 being the most severe), what level of distress did this situation cause me?

Destructive urges that my distress led to:

Describe how you practiced each component of the skill:

STOP:

Take a Step Back:

Observe:

Proceed Mindfully:

Describe the outcome after using the STOP skill: