

STOP Skill

S - Stop!



Don't move a muscle, freeze!
Your emotions may try to make you react,
stay in control!

**T - Take
a step
back**



Step away from the situation. This will
help you to avoid acting impulsively.

O - Observe



What's really going on? How are you feeling?
What's happening inside and outside your
body? What are other people doing?

P - Proceed



Practise what works. Now you can think
about what is going to be the best response.
What will give the best outcome for everyone?