

# STOP Steps

## The Tough Situation

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### STOP

I was feeling : \_\_\_\_\_ Feeling rating: \_\_\_\_\_

I was thinking : \_\_\_\_\_

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### RELAX

The way I like to relax is \_\_\_\_\_ After relaxing, my feeling rating is \_\_\_\_\_

### THINK

Is my first reaction going to break a rule?  Yes  No

Hurt someone or something?  Yes  No

What will my consequence be? \_\_\_\_\_

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### OPTIONS

Some possible new options:

	<b>Breaks a rule?</b>	<b>Hurt someone / something?</b>
1. _____ _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. _____ _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. _____ _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

### PICK

Which option is the best to pick? \_\_\_\_\_

What happened after you did your best option? \_\_\_\_\_