

# STOP Steps: Tough Situation

The Tough Situation: \_\_\_\_\_  
\_\_\_\_\_

## STOP!

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

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

## RELAX

The way I like to relax is: \_\_\_\_\_

After relaxing, my feeling rating is \_\_\_\_\_

## THINK will first reaction:

- |                               |                              |                             |
|-------------------------------|------------------------------|-----------------------------|
| 1. Break a rule?              | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Get me in trouble?         | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Hurt someone or something? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

## OPTIONS

Some possible new options:	Break a Rules?	Gets me in trouble?	Hurt someone/ something?
1. _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	<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	<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	<input type="checkbox"/> Yes <input type="checkbox"/> No

## PICK

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

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