

STOP QUICK REFERENCE

How to practice:	S Stop → Freeze. Don't move. Don't act. T Take a Step Back → Pause, breathe, create space. O Observe → Notice body, thoughts, feelings, surroundings. P Proceed Mindfully → Choose the next step that aligns with your goals.
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PART 1. PRACTICING STOP IN IMAGINED SITUATIONS

Think of common triggers and rehearse how you'd use STOP before you actually need it.

Imagined Situation / Trigger	How I Would Use STOP	How I Think I'd Feel Afterwards

PART 2. USING STOP IN REAL SITUATIONS

Reflect on real-life moments where you used (or tried to use) the STOP skill.

Real Situation / Trigger	What I Did	How I Felt Afterwards

Remember This:

- Even trying to use STOP in a real situation is a **win**.
- Every attempt — whether you nailed it or not — builds awareness and makes it easier next time. Progress counts, not perfection.