STOP

Four steps for the moment before you do something you will regret.

When emotions are running high, the urge to act can be overwhelming. STOP puts a gap between the feeling and what you do next.

S: Stop	Freeze. Do not move, speak or type. Your emotions want you to act. Do not, yet.
T: Take a step back	Step away, in your head or with your feet. Take a slow breath. Give yourself a moment.
O: Observe	What is happening, inside me and around me? What am I feeling and thinking? What are the facts?
P: Proceed mindfully	Ask: what do I want from this situation? What will make it better, and what will make it worse? Then act on that.

When to use it

- ☐ About to send an angry message
- ☐ In the middle of an argument
- ☐ Urge to walk out, quit or end something
- ☐ Urge to drink, use or hurt myself
- ☐ About to say something I cannot take back
- ☐ Feeling flooded and unable to think

A situation where I could have used STOP

What might have gone differently

Cut along the dashed lines. Keep a card in your wallet or phone case.

STOP

Stop.
Take a step back.
Observe.
Proceed mindfully.

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What I want to remember

My goal when emotions are high

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If you are at risk of hurting yourself, call 112 or 999, or Samaritans on freephone 116 123.

STOP is a skill from Dialectical Behaviour Therapy (DBT), developed by Marsha Linehan.

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