

## STOPP Technique Worksheet pdf

**S-Stop-Self Reflect-**Before reacting to any distressing thought or situation, stop yourself.

Think hard before making any decision.

**T-Take A Step Back-** Time to self-reflect, self-analyze, and take a breath.

**O-Observe:** Think hard before making any decision. Take a step back from the situation, and carefully do a cost & benefit analysis.

**P-Pull back:** See the bigger picture. Is this fact or opinion? Let's see the situation from another perspective.

**P-Practice What works:** Be mindful of your actions. Put some sense and perspective in your mind. See the bigger picture. Practice the best possible outcome.