STOPP Worksheet

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| Notice the intrusive or distressing thought, image, memory, trigger… | *Write your reactions and alternative, healthier responses in this column. What works for you? What will help? What can you tell yourself?**What do you need to remember at those times?* |
| **S**TOPP! |  |
| **T**ake a breath |  |
| **O**bserve – describe the feelings, images, thoughts, body sensations, triggers. |  |
| **P**ull back / Put in some Perspective. What’s the bigger picture? Take the helicopter view. Is this fact or opinion? How would someone else see this? Is thereanother way of looking at this? |  |
| **P**ractice what works. What is the best thing to do right now –for me, for others, for the situation. |  |

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