

# STOP Skill Worksheet

When you're in a state of crisis, it might be hard for you to remember what to do next, even if you have a plan in place. That's why it's crucial to practice your skills before having to use them in the moment. In this worksheet, you will practice using the STOP skill using a crisis situation from your past. Think about how you used the STOP skill to work through the situation (or if you didn't use the skill effectively, you can determine what to do next time!).

## FOR A REFRESHER, HERE ARE THE COMPONENTS OF THE STOP SKILL:

- **Stop**
- **Take a step back**
- **Observe**
- **Proceed mindfully**

### CRISIS SITUATION 1:

**Describe the crisis situation to the best of your ability. Be as detailed as possible.**

**Rate your level of distress** (from 0-100) before using the STOP skill: \_\_\_\_\_

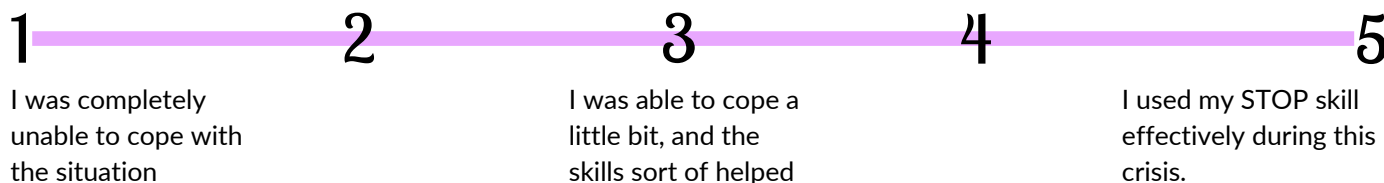
**How did you get through this crisis?** Write down each component of STOP that you used and describe each method below:

**What was the result** of using this skill?

**Rate your level of distress** (from 0-100) after using the STOP skill: \_\_\_\_\_

Was there a change?

How effective was the STOP skill in helping you deal with your distress and cope with what was happening? Circle one of the options below:



## CRISIS SITUATION 2:

**Describe the crisis situation to the best of your ability. Be as detailed as possible.**

**Rate your level of distress** (from 0-100) before using the STOP skill: \_\_\_\_\_

**How did you get through this crisis?** Write down each component of STOP that you used and describe each method below:

**What was the result** of using this skill?

**Rate your level of distress** (from 0-100) after using the STOP skill: \_\_\_\_\_

Was there a change?

How effective was the STOP skill in helping you deal with your distress and cope with what was happening? Circle one of the options below:

