A PAUSE, A PRACTICE, A NEXT STEP

STOP Skill

Make a little room before you respond.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

S - Stop

Pause the message, argument, or action. Rest your hands if that feels comfortable.

01 / Notice and reflect

What am I feeling?

02 / Notice and reflect

What response would help tomorrow, too?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: If you might hurt yourself or someone else, seek immediate human support through Crisis Support. A pause alone is not a safety plan.

Read more: VA · STOP and DBT skills

More tools and immediate support: Our Healing Room / Crisis Support.