**S – Sensing**

What are your physical sensations? Please list them below.

____________________________________________________________
____________________________________________________________
____________________________________________________________

Take a moment to practice abdominal breathing or the awareness of sounds exercise. After completing the exercise, what are your physical sensations?

____________________________________________________________
____________________________________________________________
____________________________________________________________

Using your feelings and needs sheet, list all your feelings in the space below.

_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

Referring to your listed feelings above, and the feelings and needs sheet, what might you be needing in this situation?

_______________________________________________________________________

**T- Take the Time**

Good news! You’re already taking the time by using this worksheet. If you are still having strong physical sensations or are unclear on your feelings/needs please take a few additional moments and review the previous section.

**O – Observations**

What did you observe that triggered a stress response in your body? Stick to the facts for this section, no judgements or “making sense” of what you observed.

Like a STOP sign, the STOP method reminds us to pause, assess what’s happening, and proceed thoughtfully.
What did you hear? Try to use direct quotes.
____________________________________________________________
____________________________________________________________
____________________________________________________________

What did you see?
____________________________________________________________
____________________________________________________________
____________________________________________________________

**P – Perceptions**

Your perception is how you make sense of what you observed. It’s the lens that alters how we see the world. What is your perception, or interpretation, of the situation?
____________________________________________________________
____________________________________________________________
____________________________________________________________

What might be the other person’s perception, or interpretation, of the situation? Put yourself in their shoes and take a guess.
____________________________________________________________
____________________________________________________________
____________________________________________________________

What might be a neutral third party’s perception, or interpretation, of the situation? Make sure this interpretation is different from the above interpretations.
____________________________________________________________
____________________________________________________________
____________________________________________________________

**Decision Time**

You’ve now stopped and looked both ways. How do you want to proceed?

1. Make a request
   a. Would you be willing to…?
      i. Choose a specific, timely action that you would like to be taken

2. Make an offer
   a. Would you like…?
      i. Offer a specific, timely action that you are willing to do