



STOP METHOD

Like a STOP sign, the STOP method reminds us to pause, assess what's happening, and proceed thoughtfully.

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.

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

