STOP to observe
PRACTICE WORKSHEET

This can be practiced at any time, to observe. Paying attention to what is going on (inside of you, and outside of you) can help you to more effectively respond to any situation.

What method did you use as a reminder to STOP, and observe?

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When you STOPPED, what did you notice?
If there are other people around you, notice what they're doing or saying.
Notice what you're thinking and feeling.

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Describe how taking time to STOP and observe affected your reactions:

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May be used for therapy / Not for comercial use