





STOPP Worksheet

<p>Notice the intrusive or distressing thought, image, memory, trigger...</p>	<p><i>Write your reactions and alternative, healthier responses in this column. What works for you? What will help? What can you tell yourself? What do you need to remember at those times?</i></p>
<p>STOPP!</p> 	
<p>Take a breath</p> 	
<p>Observe – describe the feelings, images, thoughts, body sensations, triggers.</p> 	
<p>Pull back / Put in some Perspective. What's the bigger picture? Take the helicopter view. Is this fact or opinion? How would someone else see this? Is there another way of looking at this?</p> 	
<p>Practice what works. What is the best thing to do right now – for me, for others, for the situation.</p> 