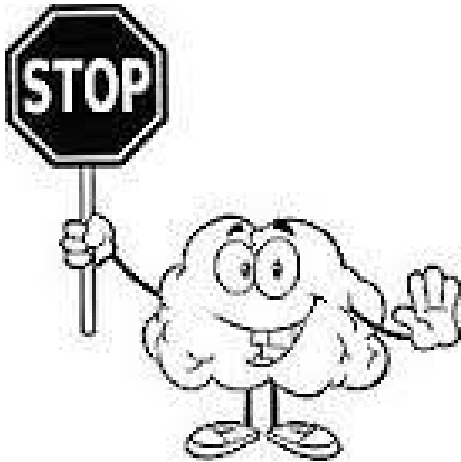


This STOP Plan is for:



Senses?

Thoughts?

Other helpful thoughts?

Plan and practice!

<u>Senses?</u> What is going on in my body? What am I feeling?)	<u>Thoughts?</u> What am I thinking?	<u>Other helpful thoughts?</u> What is something else I can think?	<u>Plan and Practice!</u> What is something calming I can say to myself? What can I do next time?

