My STOP Skill Plan

Write this when you are calm. Use it in the few seconds between an urge and an action.

Name: _____ **Date:** _____

1 My hot spots
Where I most need STOP

Situations (who, where, what time, on what screen): _____

Early warning signs in my body: _____

Thoughts that tell me to act now: _____

The urge I want to stop (send, yell, quit, hurt myself): _____

2 The four steps
In my own words

S Stop. Freeze. Hands still, mouth closed, do not hit send. My signal:

_____

T Take a step back. Leave the room, phone face down, one slow breath out. I will:

_____

O Observe. Inside me and around me: feelings, thoughts, facts. I notice:

_____

P Proceed mindfully. My goal here, and what will make it better or worse. I choose:

_____

3 Wise mind check
Before I proceed

- [ ] What do I want from this situation in an hour, a day, a week?
- [ ] Will this action make things better or worse for that goal?
- [ ] What would I do if I felt half as upset as I do right now?
- [ ] Is this a crisis right now, or can it wait until I am calmer?

4 If STOP is not enough
My next skill and my next person

A fast body skill (cold water, paced breathing, intense exercise): _____

Someone I can reach, and how: _____

How I make my space safer right now: _____

Rehearse it

- [ ] Pick a mild trigger to practice on.
- [ ] Say "stop" out loud or in my head.
- [ ] Freeze, step back, breathe out.
- [ ] Name one thing inside, one outside.
- [ ] Choose a next step from wise mind.
- [ ] Practice days this week: _____

Pocket card
cut out, keep with phone

S Stop. Freeze. Do not act yet.

T Take a step back. Breathe out.

O Observe: inside, outside, facts.

P Proceed mindfully: ask wise mind.

Crisis: call or text 988 · Emergency: 911

Thoughts of suicide or self harm? Call or text 988 (US) · In immediate danger: call 911

Original layout by Lotus & Tulip, based on the DBT STOP skill (Linehan, 2015). Not therapy.

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STOP Skill Practice Log

Record one hard moment in detail, then log each time you use STOP this week. Practice counts even when it is partial.

Name: _____ **Date:** _____

1 One moment in detail

Fill in soon after

What set it off (who, what, when, where): _____

The urge or behavior I was trying to stop: _____

Distress before STOP (0 to 10): _____ After: _____

Steps I used: ☐ Stop ☐ Take a step back ☐ Observe ☐ Proceed mindfully

What I did at each step: _____

_____

What happened next (for me, for others): _____

How much did STOP help? ☐ Not yet ☐ A little ☐ Somewhat ☐ A lot

This week

Distress 0 to 10 before and after. Tick the steps you used.

Day	Situation	Urge	S	T	O	P	Before	After
			☐	☐	☐	☐		
			☐	☐	☐	☐		
			☐	☐	☐	☐		
			☐	☐	☐	☐		
			☐	☐	☐	☐		
			☐	☐	☐	☐		
			☐	☐	☐	☐		
			☐	☐	☐	☐		

2 Looking back on the week

Bring this to session

What helped most: _____

The step I skip or rush: _____

One hot spot to rehearse next week: _____

For the clinician

STOP is a crisis survival skill: Distress Tolerance Handout 4, with Worksheets 2 and 2a (Linehan, 2015). This page is an original layout.

Rehearse in session with a mild, planned trigger first. Skills that were never practiced calm are rarely reached in a crisis.

Review the log for patterns: which step gets skipped, which hot spots repeat, and what came after Proceed mindfully.

STOP buys time; it does not solve the problem. Pair it with TIPP, pros and cons or problem solving, and a safety plan where there is risk.

Session notes: _____

_____

_____

Crisis: call or text 988 (US) · Text HOME to 741741 · Emergency: 911

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The complete, ready to print version is here:

DBT Worksheets for Therapists, 20 pages incl. a crisis survival plan, a diary card, check the facts, opposite action and chain analysis

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

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