

Name: _____

Date: _____

THE "PAUSE BEFORE REACTING" WORKSHEET

Objective:

To build impulse control and thoughtful responses.

Instructions:

Use the STOP method during intense emotions.

S – Stop:

What do I need to stop doing right now?

T – Take a Breath:

How will I calm my body? (deep breathing, counting, stepping away)

O – Observe:

What am I feeling? What is really happening?

P – Proceed Wisely:

What is the best choice I can make right now?

If I Reacted Differently, What Would Happen?