

# DISTRESS TOLERANCE HANDOUT 4

([Distress Tolerance Worksheets 2, 2a](#))



## STOP Skill



**S**top

Do not just react. Stop! Freeze! Do not move a muscle! Your emotions may try to make you act without thinking. Stay in control!

**T**ake a step back

Take a step back from the situation. Take a break. Let go. Take a deep breath. Do not let your feelings make you act impulsively.

**O**bserve

Notice what is going on inside and outside you. What is the situation? What are your thoughts and feelings? What are others saying or doing?

**P**roceed mindfully

Act with awareness. In deciding what to do, consider your thoughts and feelings, the situation, and other people's thoughts and feelings. Think about your goals. Ask Wise Mind: Which actions will make it better or worse?

*Note.* Adapted from an unpublished worksheet by Francheska Pereplechikova and Seth Axelrod, with their permission.