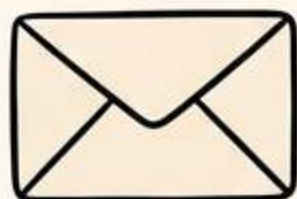


STOP Skill for Adults

Clear clean, condensed pointers

Reassignment



► Coworkers CC'd



Urge



Reply-All



Explain
unfairness

STOP



► Draft in
Notes App

► Don't
Send



► Take
10-Minute
Walk

Observe

What do
I NEED?

What's
effective?



Proceed



Let me come
back to you



► Request short
call next day

