

STOP DBT Skill Worksheet

STOP DBT Skill - When emotions push you to react immediately.

Pause & Create Space before responding.

Goal: Deliberate choices.

S STOP: Pause.
Do not act on first impulse.



OBSERVATION



- ☐ Identify the current trigger
- ☐ Notice current urge
- ☐ Take a mental step back

T Take a step back:
Physically/Mentally create distance.



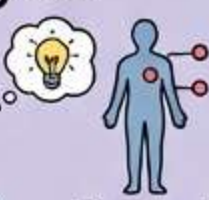
ACTIONS TAKEN

- ☐ Deep breaths in & out
- ☐ Stretch or roll shoulders
- ☐ Use a sensory ground tool

O Observe:
Notice what's inside & around you.



Feelings



Physical sensations

JOURNALING

- ☐ Name current emotions
- ☐ Note physical sensations
- ☐ Identify thoughts/judgments

P Proceed mindfully:
Choose next action, not current demand.



RESPONSE PLANNING

- ☐ What is my Wise Mind option?
- ☐ Choose an effective path
- ☐ Check against Wise Mind goals

PRACTICE EXAMPLES

Angry message



Annoying person



Difficult memory

