

Distress Tolerance: The “STOP” Skill

- **When to use this skill:**
 - Emotions feel like they are going to take over
 - You want to react impulsively
- **How to use this skill:** When you feel your emotions are about to take control ...



- **STOP! Freeze! Do not move a muscle!** Your emotions may try to make you act without thinking. Stay in control!
- **Take a deep breath. Take a step back.** Give yourself some time to calm down and think.
- **Observe. Notice what is going on inside you** (thoughts & feelings) **and outside you** (how are others reacting?)
- **Proceed Mindfully. Think about your goals.** Ask: Which actions will make it better or worse? Do what will make it better.