

STOPP reflective worksheet

PAUSE



Pause the automatic reaction and choose your next response

Begin with one situation, intrusive thought, image, memory or trigger. Move through the five steps slowly; you do not need to feel calm before choosing what helps.

S

STOP AND STEP BACK

Pause before reacting. If safe, create a little physical or mental space.

What did I notice first?

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TAKE A BREATH

Let the out-breath lengthen. Feel your feet, chair or another point of support.

What changed when I paused?

O

OBSERVE

Name thoughts, images, emotions, urges and body sensations without judging them.

What is happening inside and around me?

P

PULL BACK FOR PERSPECTIVE

Is this fact, interpretation or prediction? What is the wider picture?

What would I say to someone I care about?

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PRACTISE WHAT WORKS

Choose the kindest useful action for you, other people and the situation.

What small action fits my needs and values?
