STOP Skill Worksheet

DBT distress tolerance: put a pause between a trigger and an impulsive reaction.

Name _____ Date _____

- **S — Stop:** freeze. Don't move, speak or type.
- **T — Take a step back:** leave the room, put the phone down, or take one slow breath.
- **O — Observe:** inside (emotion, body, urge, thoughts) and outside (what actually happened).
- **P — Proceed mindfully:** ask "what would be effective here?" and choose your response.

Practice on small irritations first. Log each time you use it.

Date	Trigger	What I stopped	What I observed	How I proceeded	Outcome

Free from DBT Pal (dbtpal.app). For learning and practice between sessions; not a substitute for therapy or crisis support. In the US, call or text 988 in a crisis.

DBT Pal has grounding and paced breathing exercises for the pause after you STOP. Free for iPhone and Android: dbtpal.app/get?c=pdf-stop-skill