

This STOP Plan is for:



Scared?

Thoughts?

Other helpful thoughts?

Praise and Plan!

<u>Scared?</u> What's going on in your body?	<u>Thoughts?</u> What are you thinking?	<u>Other helpful Thoughts?</u> What is something <u>else</u> you can think?	<u>Praise and Plan!</u> What is something nice you can say to yourself? What can you do next time?