

# Distress Tolerance Skill

## S.T.O.P

When your feelings are getting big and you're about to do or say something you might regret—this skills help you pause before reacting.



### Stop

Freeze. Don't act on your first impulse. Pause before speaking or doing anything.



### Take a Breath

Physically or mentally step away from the situation if possible. Take a few slow breaths to create space between the emotion and your response.



### Observe

Notice what is happening inside and around you.

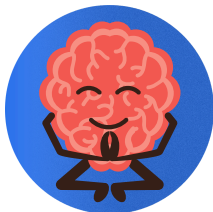
Ask yourself:

What am I feeling?

What am I thinking?

What is happening in this situation?

What are the facts?



### Proceed Mindfully

Choose your next action intentionally instead of reacting automatically.



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### Worksheet Activity:

Think of a time you felt upset or frustrated. Write or draw what happened and how you could use the STOP steps next time.

<b>Step</b>	<b>What I Did (or Could Do Next Time)</b>
S – Stop	
T – Take a Breath	
O – Observe	
P – Proceed Mindfully	

### Parent Tip:

When emotions run high, remind your child to “Use STOP Skill” and model it yourself. It’s one of the simplest and most powerful DBT tools for kids—and grown-ups too.