

# EMOTION REGULATION

## STOP



DBT Skills And Concepts

# — STOP —

When you feel your emotions are about to take control you need to:

## **STOP!**

Do not react. Don't do anything. Don't say anything. Acknowledge the strong emotion or urge you're experiencing. But remember that you are in charge of your emotions.

## **TAKE A STEP BACK!**

Remove yourself. Don't do anything. Don't say anything. Take a break. Stay in control. Remember, when you are faced with a difficult situation, it can be hard to figure it out on the spot. Be gentle with yourself and give yourself time to calm down and think.

## **OBSERVE**

Nonjudgmentally observe the situation. Use your mindfulness skills. Notice what is going on inside and around you. Don't jump to conclusions and observe the facts to work out what's going on. Assess what your options are so that you can make an effective choice in deciding what you do next.

## **PROCEED MINDFULLY**

Act with awareness. When deciding what to do, continue to observe and assess the situation, your thoughts and feelings, and the other person's thoughts and feelings. Ask your "Wise Mind," "What can I do to NOT make this worse?" Remember your goals. Stay mindful.