

STOP your worries!



SAY HOW YOU FEEL

Do feel scared, nervous, or worried? Say how you feel and then take 3 deep breaths.

THOUGHTS

What are you thinking might happen? What are you worried about?

OTHER THOUGHTS

Magic Questions

- *Probability:* How likely is it that the thing I'm worried about will actually happen? Has it ever happened before? Does it happen very often?
- *Worst case:* What's the worst that could happen? On a scale from 1-10, how bad would that be? What would I do in that situation?
- *Get prepared:* Is this something I have any control over? If yes, what can I do?

Other Thought Use the information you've gathered to come up with a new thought about the situation. My new thought is:

PAT ON THE BACK

You are doing a great job using STOP to help yourself feel less nervous or scared! Give yourself a pat on the back!