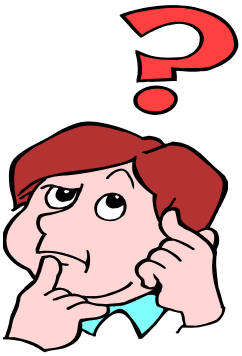
STOP Steps

1. **S**TOP! and say how you are feeling

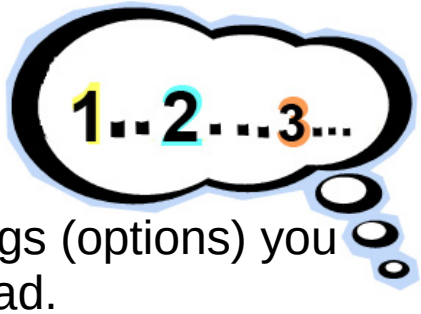
2. RELAX

3. **T**HINK

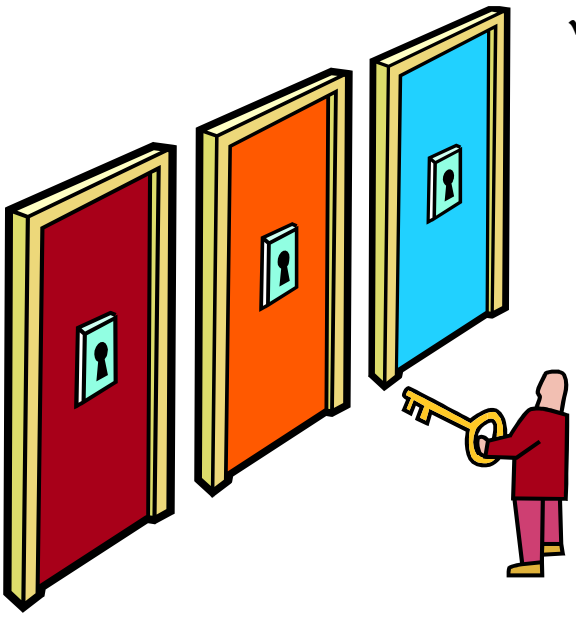


- ✓ Is what I'm thinking about doing going to break a rule?
- ✓ Will I hurt someone or something?
- ✓ What will happen if I do this?

4. **O**PTIONS



- ✓ Think of 3 things (options) you could do instead.
- ✓ Put these options through the THINK step to find the best ones.



5. **P**ICK the best option

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