



STOP

skill



Situation:

1. Stop and freeze in place



2. Take a deep breath & Think

**3. Options
(choices)**

**& Outcomes
(how does it turn out?)**

- 1.
- 2.
- 3.

- 1.
- 2.
- 3.

4. Pick the most effective one & "proceed" ... go!

Write it here ... 

