





# DBT Stop Skills List

The following are STOP skills you can remember and practice when experiencing intense emotions and overwhelming moments.

S		<b>Stop</b> <i>Pause and acknowledge.</i>  Take a moment to stop and acknowledge the strong emotion or impulse you're experiencing.
T		<b>Take a step back.</b> <i>Step away from the situation.</i> Take a pause or a break from the strong emotion, urge, or situation you're currently facing instead of letting it influence your next action.
O		<b>Observe.</b> <i>Notice and describe.</i>  Observe the emotion or impulse without judgment. Notice how it feels, where it's located in your body and any accompanying sensations.
P		<b>Proceed mindfully.</b> <i>Make a thoughtful response.</i>  Choose how to respond in a thoughtful and mindful way that aligns with your goals and values. Consider the best course of action based on the situation.

## Reference

Smart, A. (2024). *Mastering the STOP Skill: The ultimate guide to emotional regulation and wise action*. TheraHive. <https://www.therahive.com/blog/mastering-the-stop-skill>