

DBT Stop Skills List

Use this template to create your own DBT Stop Skills List for managing emotions effectively.

STOP!

Pause and Acknowledge

Description: Take a moment to stop and acknowledge the strong emotion or impulse you're experiencing.

Take a Breath...

Deep Breathing

Description: Inhale deeply and exhale slowly to help calm your mind and body.

Observe.

Notice and Describe

Description: Observe the emotion or impulse without judgment. Notice how it feels, where it's located in your body and any accompanying sensations.

Proceed Mindfully...

Thoughtful Response

Description: 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.

Remember to practice these skills regularly to enhance your ability to manage emotions and respond effectively.