

# Stop Think Act Worksheet

## Client Information

Name: Maya Chen

Age: 14

Date: April 16, 2024

**Introduction:** This worksheet helps you think before you act when something bothers you. It guides you through three steps: Stop, Think, and Act, to help you handle tough situations better.

Recall a recent difficult situation or imagine a situation that may make you upset and react quickly. What situation is it?

My younger brother made fun of me in front of my friends, calling me names and laughing about my hobbies.

## STOP

What was your first reaction? How did you feel like responding right away?

I wanted to scream at him and tell him to shut up!

Pause for a moment. Remember to take a deep breath.  
Have you stopped to take a breath?



Yes



No

## THINK

What were you feeling? What emotions were going through your mind during this situation?

I felt humiliated, angry, and sad because my friends were there.

What could you do? List the things you could do in this situation.

Talk to him when we get home and tell him it wasn't cool.

Ask my parents to help if he keeps doing it.

Try to ignore him for now and talk about it when I'm not so angry.

I can get revenge, too.

## ACT

Choose the best response from the list you made. Which response seems the best or most helpful?

I think talking to him when we're both at home might work best. But if that doesn't work, I'll tell on him to dad.

How will you do it? Explain how you will do this action. What steps will you take?

I'll wait until we're both chilling at home and then tell him that what he did in front of my friends was really embarrassing and ask him to not do that again. Maybe I'll ask him how he would feel if I did that.

Think about how it went after you took action. How did things turn out? Was it a good choice? What would you do differently next time?

He seemed surprised but listened to me. He said he was just joking and didn't think it would upset me. He apologized and said he'd try to be nicer. I'm glad I talked to him calmly instead of yelling right away.

Now that you have simulated a difficult situation and applied the stop-think-act method to, you must now try to do it in the real world whenever you face a difficult situation. You can do another worksheet or use the questions above as reference for a mental exercise.

**Additional Notes**

Maya, you approached the situation with maturity, which helped in resolving the issue effectively without further conflict. I'm proud of you!

**Healthcare Professional's Information**

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