

# Stop Think Act Worksheet

## Client Information

Name:

Age:

Date:

**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?

## STOP

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

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?

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

## **ACT**

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

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

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?

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**

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**Healthcare Professional's Information**

Name:

License Number:

Phone Number:

Email:

Name of Practice: