



## Stop



Do not react. Stop! Freeze! Do not move a muscle! Your emotions may try to make you act without thinking. Stay in control!

## Take a step back



Take a step back from the situation. Take a break. Let go. Take a deep breath. Do not let your emotions make you act impulsively.

## Observe



Notice what is going on inside and outside you. What is the situation? What are your thoughts or feelings? What are others saying or doing?

## Proceed Mindfully



Act with awareness. In deciding what to do, consider your thoughts and feelings, the situation, and other people thoughts and feelings. Think about your goals. Ask Wise Mind: which actions will make it better or worse?