STOPP (distress tolerance)

There is a space between a feeling and response that can be used to allow the emotion to be soothed before hitting a crisis point. This tool helps utilise that space.

Stop- pause and do nothing for a few seconds

Take a breath- for as long as you need

Observe- what is the trigger, your thoughts and feelings?

Pull back- is there another way of looking at this? What would you tell a good friend to soothe them? What would a kind person say to you?

Proceed- What is the most helpful thing to do right now? What gets you what you need? What fits your values? Do what works