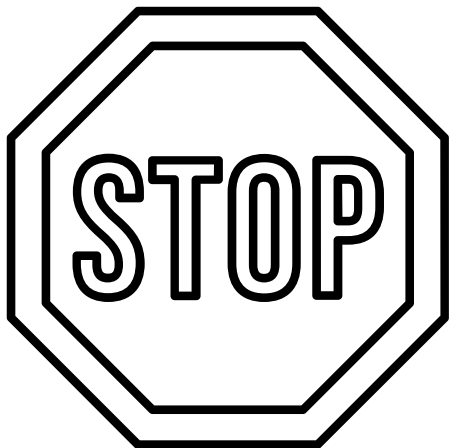




This STOP Plan is for: _____



Scared?

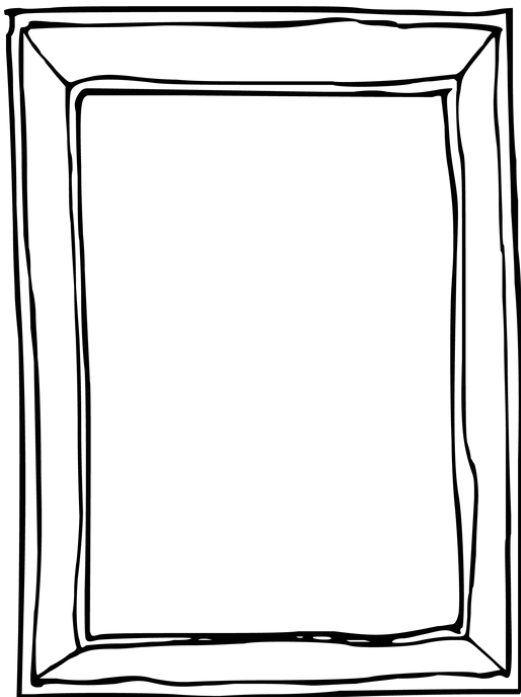
Thoughts?

Other helpful thoughts?

Praise and Plan!

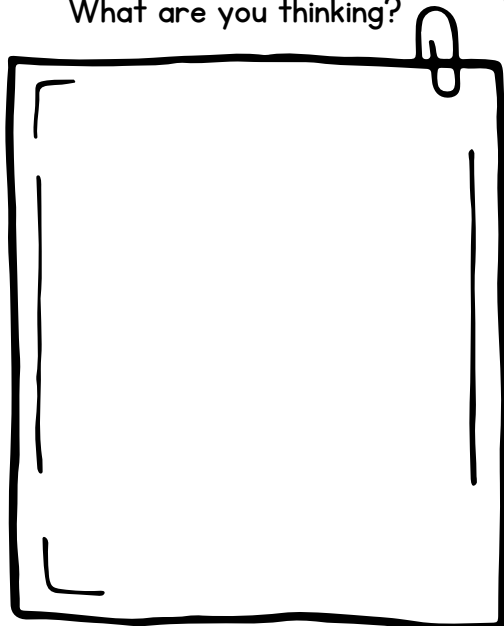
Scared

What's going on in your body?



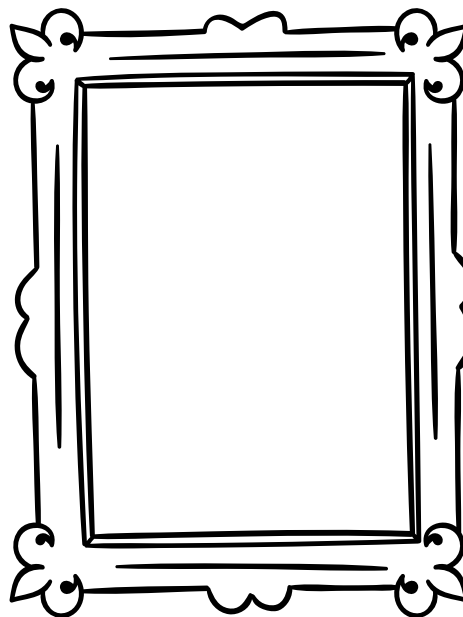
Thoughts

What are you thinking?



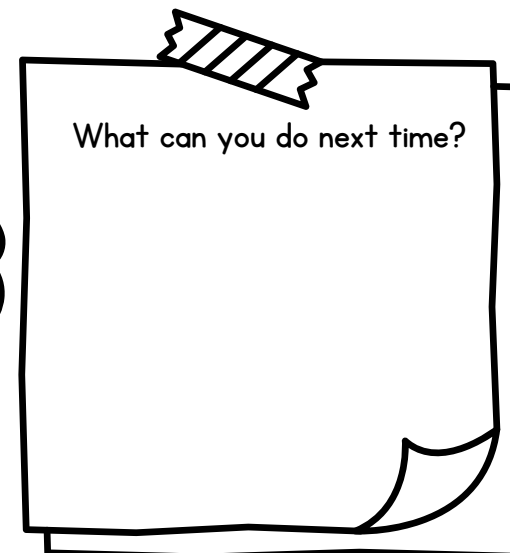
Other

What is something else you can think?



Plan

What is something nice you can say to yourself?



What can you do next time?