



***STOP!* An Easy Technique for Impulse Control**

STOP!	
• S	<u>S</u> top what you are doing.
• T	<u>T</u> hink about what you are going to do.
• O	<u>O</u> ne choice. Does it make the situation better or worse?
• P	<u>P</u> ick the behavior that makes the situation better.

Read more at myplinkit.com.