

## **STOP skill**

Linehan, M. (n.d.-b). STOP skill. Dialectical Behavior Therapy (DBT) Tools.  
[https://dbt.tools/emotional\\_regulation/stop.php](https://dbt.tools/emotional_regulation/stop.php)

Normally used for when you are RIGHT about to engage in a maladaptive behavior, like binge eating. Note, this can also be used in heated arguments or conversations, or anytime you are about to do something that conflicts with your long-term goals.

### **1. STOP!**

Literally. Stop what you are doing. Stop talking if you're in an argument, stop reaching for that cookie if you're about to binge.

### **2. Take a step back**

Take a deep breath. Maybe put the food down, go sit on the couch. This increases your decision time, you don't really want to ruin your good eating streak, or hurt people with your words.

### **3. Observe**

Run through the scenario in your head. If you said this or did that, what would be the consequences? What are your overarching goals? Does this action support these?

### **4. Proceed**

If you have the ability to change your environment, do so. Go outside, go to a different room, get in the shower, whatever it takes.

Now would be a good time to identify any distortions you might have, and think about how you want to tactfully move forward with the rest of your day.