STOP THINK DO

STOP

THINK

DO
STOP
Reminds you to stop before you rush into anything
Ask yourself these questions
What is the problem?
How do I feel?
How do others feel?
What do I want to happen?

THINK
Reminds you to think of as many solutions to the problem as possible.
Ask yourself this question.
What can I do?
I can
Tell an adult
Bargain
Fight
Make a demand
ask nicely
share
walk away

DO
Reminds you to finally choose a solution, the one with the best results or most acceptable consequences.
Put the solution into action.
If it doesn’t work go back to STOP and start again.