

STOP SIGNAL TYPE

Worksheet 1: The STOP Practices

Your Foundation Practice

Your body forced you to stop externally, but your mind kept running. This worksheet helps you practice the Inner STOP—commanding your mental activity to stop, not just your doing.

The 10-Second Inner STOP

Practice this multiple times daily:

1. Say (out loud or silently): **'STOP'**
2. Stop ALL mental activity: thinking, planning, judging, analyzing
3. Just be here for 10 seconds. Don't do anything. Don't think anything.
4. Ask: **'How do I feel RIGHT NOW?'**

30-Day STOP Practice Tracker

Track your daily STOP practices. Note when you practiced, what you noticed, and how it felt.

Day	Times Practiced	What I Noticed
Day 1		
Day 2		
Day 3		
Day 4		

Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		
Day 15		
Day 16		
Day 17		
Day 18		
Day 19		
Day 20		
Day 21		
Day 22		
Day 23		
Day 24		
Day 25		
Day 26		
Day 27		

Day 28		
Day 29		
Day 30		

Daily 5-Minute STOP Practice Log

Once daily, practice a longer STOP. Record your experience below.

Date	Time of Day	What I Experienced	Insights

When to Use the Inner STOP

Check off each time you successfully use STOP in these moments:

■ When rumination starts

■ When anxiety rises

■ When self-criticism begins

■ When feeling overwhelmed

■ When planning takes over

■ First thing in morning

■ Before bed

■ During stressful conversation

Weekly Reflections

At the end of each week, reflect on your STOP practice:

Week 1:

What I'm noticing: _____

What's getting easier: _____

What's still challenging: _____

Week 2:

What I'm noticing: _____

What's getting easier: _____

What's still challenging: _____

Week 3:

What I'm noticing: _____

What's getting easier: _____

What's still challenging: _____

Week 4:

What I'm noticing: _____

What's getting easier: _____

What's still challenging: _____