

STOP, OPT AND GO

Finding solutions to control my zones

My Trigger and/or the Situation: _____



My options (choices):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Use STOP, OPT and GO to control your zone when a trigger and/or a situation has taken you out of the Green Zone!

STOP. Take a second to think.

OPT. Brainstorm your choices. Some are better than others. Think of many options!

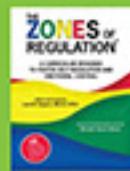
GO. Choose which option helps you manage your emotions and behavior the best and use it!

Write your options on the lines above. Cross off any choices that may cause new problems or won't help you manage yourself. Circle your better options.

My preferred OPTION is: _____

because _____

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