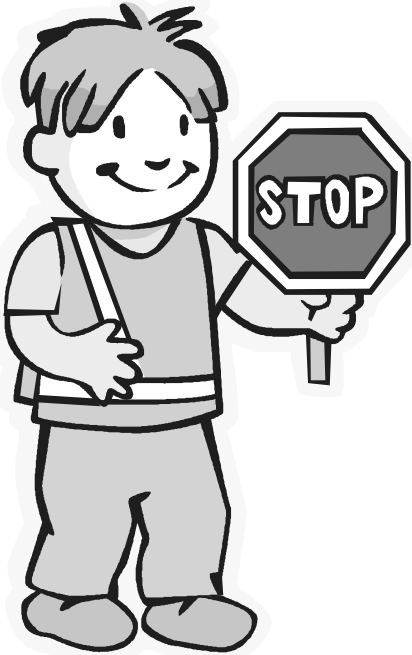


This STOP Plan is for:



Scared?

Thoughts?

Other helpful thoughts?

Praise and Plan!

<u>S</u>cared? <i>What's going on in your body?</i>	<u>T</u>houghts? <i>What are you thinking?</i>	<u>O</u>ther helpful Thoughts? <i>What is something <u>else</u> you can think?</i>	<u>P</u>raise and Plan! <i>What is something nice you can say to yourself? What can you do next time?</i>