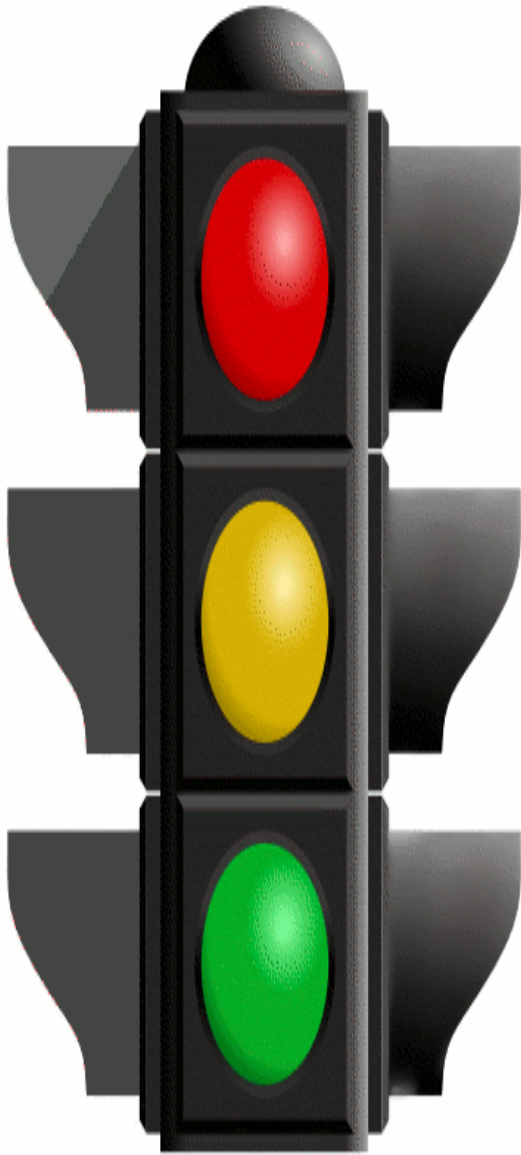


# Stop and Think



**Stop the behavior –  
cool it, relax, chill out,  
be calm**

**Think about the  
problem– What are the  
facts? Describe your  
feelings. How does the  
other person feel?**

**Plan your action –  
List some solutions  
and consequences;  
Decide what might  
work.**

**What is your backup plan?**