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| Our thoughts create feelings,which prompt us to take actions. Sometimes our thoughts are not helpful in solving the problem. They mislead us. Use ‘stop- Think- Go’ before responding.  |

**Stop** yourself. Take a pause and **Think** about how you are feeling, and what you would like to do. Think about different solutions and their consequences.

**Choose** a solution that is positive and safe, and won’t hurt people. Try it out. If it doesn't work, go back to Stop and start over.