STOP · OPT · GO

Stop · Opt · Go Breaks Down Problem Solving Into 3 Steps:

STEP 1: Stop & Take Think Time

What am I feeling?
What is the problem?

STEP 2: Opt & Brainstorm Different Solutions


STEP 3: Go & Choose and Try a Solution

Ask Them to Stop
Take A Cool Down
Talk it Out
Use an "I Message"
Rook, Paper, Scissors
Do Something Else

Take Think Time
Walk Away
Ignore
Apologize
Share
Make a Deal

Adapted from The Zones of Regulation

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