



Crisis Survival – Practice Sheet

It is important to practice our skills and to learn when each skill works the best. Describe the event that triggered the skill, check off the skill you used and then describe the impact of the skill. This sheet is designed to help us learn which skills are most effective for you, and when.

Prompting event: _____

- STOP
- Pros and Cons
- TIPP
- ACCEPTS
- Self-soothing
- IMPROVE

Describe (specifically) how you did the skill:

Describe the outcome of using the skill:

Anything you would do differently?