



SIX-FIGURE
COACH SECRETS

5-MINUTE EMOTIONAL RESET GUIDE

The STOP Technique for Coaches

A Free Resource from Six Figure Coach Secrets

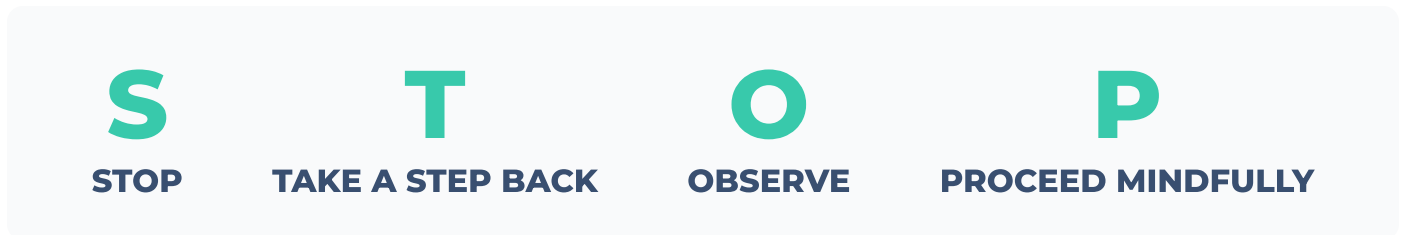
An emergency calm technique you can teach in 5 minutes

What It Is & Why It's Powerful

What Is the STOP Technique?

When emotions spike and your client is at risk of doing something impulsive or unhelpful, the STOP Technique creates a crucial pause between the trigger and their response.

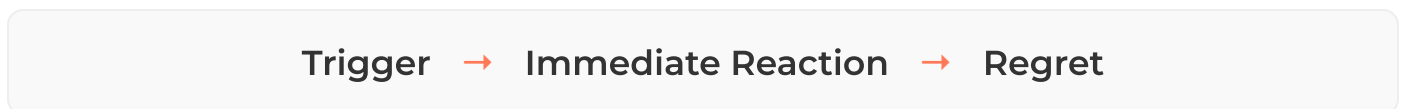
STOP is an acronym that stands for:



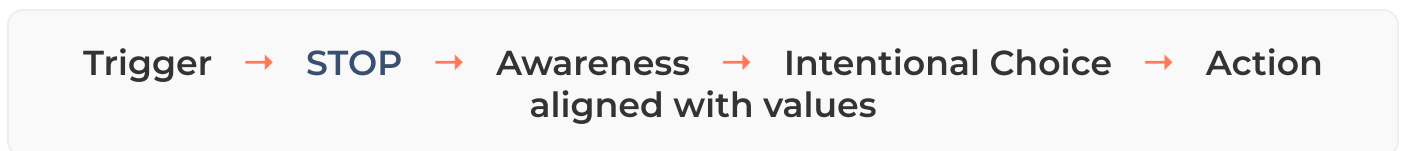
Think of STOP as the "pause button" for emotional reactions. That small pause—even just 30 seconds—can prevent enormous damage. Relationships are preserved, jobs are protected, self-respect remains intact.

Why It's So Powerful

In difficult moments, most people go straight from trigger to reaction:



The STOP technique interrupts this chain:



When to Use STOP

Teach your clients to reach for STOP when they notice:

- Emotional intensity jumping to 6/10 or higher
- Impulse to say or do something they might regret
- Physical signs of escalation (racing heart, clenched fists, heat rising)
- Feeling "flooded" or overwhelmed
- The urge to react immediately without thinking

STOP works for any high distress trigger: anger, anxiety, panic, overwhelming sadness, intense frustration—any moment where emotions threaten to drive impulsive actions.

The STOP Technique Explained

1 STEP 1: STOP

What it means: Literally freeze. Don't do anything. Don't speak, don't move, don't act.

What to teach clients:

"When you notice intensity rising, give yourself a mental command: STOP. Some people find it helpful to visualize a red stop sign. Others imagine hitting a pause button."

Physical anchors that help:

- Hold up hand in "stop" gesture
- Close eyes briefly
- Step backward physically
- Place hand on chest

Quick tip: A few seconds of awkward silence is better than the damage of saying something in anger that you can't take back.

2 STEP 2: TAKE A STEP BACK

What it means: Create physical or mental distance from the situation.

Physical distance options:

- Actually step backward
- Leave the room ("I need to step away for a moment")
- Move away from your phone or computer

Mental distance options (when physical distance isn't possible):

- Take three deep breaths
- Count to ten slowly
- Notice your feet on the ground
- Look around and name five things you can see

Example dialogue for your client:

"I'm noticing I'm getting really angry right now. I'm going to take a five-minute break so I can respond thoughtfully instead of react impulsively. I'll be back."

3 STEP 3: OBSERVE

What it means: Notice what's happening without judging it.

Guide clients to observe:

Emotions:

*"What am I feeling right now? Anger? Fear? Hurt? Frustration?"
"How intense is it on a 0-10 scale?"*

Physical sensations:

"What's happening in my body? Tight chest? Clenched jaw? Racing heart?"

Thoughts:

"What story am I telling myself about this situation?"

Urges:

"What do I want to do right now?"

Key: Observation without judgment. Keep this step brief—30 seconds maximum.

4 STEP 4: PROCEED MINDFULLY

What it means: Make an intentional choice about what to do next.

Guiding questions for clients:

- "What do I want the outcome of this situation to be?"
- "If I do what I'm tempted to do, will it help or hurt?"
- "What would my wisest self do right now?"
- "What matters most to me in this situation?"

Proceeding mindfully might look like:

- "I'm going to take deep breaths for two minutes, then revisit this conversation"
- "I'm too activated right now. I'm going to respond to this email tomorrow"
- "I need to calm down before I can address this productively"
- "I'm going to express my feeling using an 'I' statement instead of attacking"

Proceeding mindfully means acting WITH awareness instead of being hijacked BY emotions.

Coaching Script

How to Teach This to Your Clients (5-10 minutes)

1. INTRODUCE THE CONCEPT (2 MINUTES)

"We're learning a distress tolerance skill called STOP. It creates a pause between trigger and reaction, which is where your power lives."

Walk through the acronym. Use the visual of trigger → reaction vs. trigger → STOP → intentional choice.

2. PRACTICE WITH A PAST SCENARIO (3-5 MINUTES)

"Think of a recent time when you reacted impulsively and later regretted it. Walk me through what happened."

Then: "Let's replay that scenario using STOP. What would each step have looked like?"

3. CREATE PERSONAL REMINDERS (2-3 MINUTES)

Help your client identify:

- Their personal warning signs of escalation
- Their preferred physical anchor for STOP (hand gesture, closing eyes, etc.)
- Their go-to "step back" strategy
- Phrases they can use: "I need a moment" / "Let's pause here"

4. ASSIGN PRACTICE

"This week, practice STOP once per day—even when you're not in high distress. Practice in tiny moments of frustration: traffic, slow internet, minor annoyance. Building the muscle when stakes are low makes it accessible when stakes are high."

STOP TECHNIQUE PRACTICE WORKSHEET

SCENARIO: Think of a recent moment when you reacted impulsively. Describe what happened:

.....
What triggered the intense emotion?

.....
What was your immediate reaction?

NOW LET'S REPLAY IT WITH STOP:

S - STOP: What would physically stopping have looked like?

.....

T - TAKE A STEP BACK: What space could you have created?

.....

O - OBSERVE: What would you have noticed?

Emotion: Intensity (0-10):

Physical sensations:

Thoughts:

P - PROCEED MINDFULLY: What would a values-aligned response have been?

.....

THIS WEEK'S PRACTICE:

I will practice STOP when I notice:

My personal "STOP" anchor will be:

My go-to "step back" strategy will be:

For Coaching Use Only

This guide is designed for use by coaches working with generally well-functioning adults on emotional wellness and personal development goals. It is NOT intended as a substitute for professional mental health treatment.

If you or your client is experiencing a mental health emergency, suicidal thoughts, or severe emotional distress:

- Call 988 (Suicide & Crisis Lifeline)
- Text HOME to 741741 (Crisis Text Line)
- Call 911 or your local emergency services
- Contact a licensed mental health professional immediately

Coaches using these materials must:

- Screen clients for clinical issues requiring licensed treatment
- Refer clients with mental health disorders to licensed professionals
- Never represent these skills as therapy or treatment
- Maintain appropriate professional liability insurance

Coaching vs. Therapy:

Coaching focuses on helping generally well-functioning adults develop skills and enhance well-being.

Therapy involves diagnosis and treatment of mental health conditions by licensed professionals.

This toolkit draws inspiration from evidence-based therapeutic approaches including Dialectical Behavior Therapy (DBT) and has been adapted for life coaching applications.