

Client name:

Keyworker:

Date: / /

# Stop and Think!

Sometimes when we are impulsive and go with the first idea that we have, we often don't give ourselves enough time to think about a problem. We can 'rush-in' and react without having all the correct information and not thinking of the consequences.

Have you ever said to yourself 'I didn't stop and think!'?

**How many 'Stop and Think' strategies can you think of?**

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How useful was this map and discussion?

NOT Useful 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 VERY Useful