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MY STOP AND THINK BEFORE YOU ACT WORKSHEET

My Brain Is FAST!

Sometimes my brain wants to respond **right away**.
This worksheet helps me **STOP, THINK, and ACT**.

RED LIGHT – STOP

When I feel excited, mad, or silly, I **STOP** my body.

- Feet still
- Hands still
- Mouth quiet
- Take 1 deep breath

YELLOW LIGHT – THINK

I ask myself these questions:

- 1** What is happening right now?
- 2** What could happen if I don't stop?

- I could get in trouble
- Someone could get hurt
- I could feel bad later
- Something else: _____

- 3** What are **2 choices** I have?

Choice 1: _____

Choice 2: _____

Which choice is the **better** one?

- Choice 1
- Choice 2

● GREEN LIGHT – GO

I choose the best choice and **ACT**.

💡 What is my best choice?

😊 How will I feel after I **ACT**?

Proud Calm Happy Safe Other: _____

⚠️ My Red Light Moments

These are times when stopping is hard for me:

When I'm mad
 When I'm excited
 When someone says "no"
 When I have to wait
 At school
 At home
 Other: _____

💡 One time I really need to use my red light: