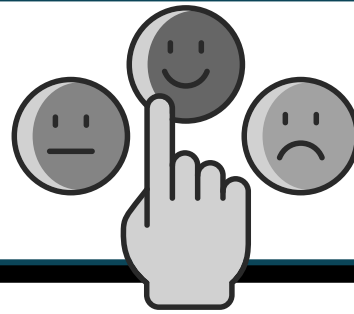


STUN Skill



(S)ENSATION
(T)HOUGHTS
(U)RGES
(N)AME THE EMOTION

Feeling overwhelmed or an intense emotion? Practice the STUN skill to bring awareness to your feelings and start to lower the intensity.

SENSATIONS
WHAT PHYSICAL SENSATIONS ARE YOU EXPERIENCING?

THOUGHTS
WHAT THOUGHTS ARE RUNNING THROUGH YOUR MIND?

URGES
WHAT DO YOU WANT TO DO? WOULD THAT URGE BE HELPFUL OR HARMFUL?

NAME THE EMOTION
WHAT ARE YOU FEELING EMOTIONALLY?

SENSATION (color on the body if needed!):

THOUGHTS:

URGES:

EMOTIONS:

