

The Stop and Think Chart reinforces the principle that between stimulus and response we have a choice, which is part of Habit 1: Be Proactive. To use the chart, first list the stimulus (the situation, the event, etc. that happens to you) in the box on the left. Then stop and think about how you might respond. Choose an appropriate response and write it in the box on the right. The emphasis is on students being aware of their ability to choose rather than react to a given

Stop & Think Chart

