WARNING SIGNALS & STOP SIGNS: Diary of Thoughts

**Warning Signals**: Write down physical signs that you notice about yourself that tell you when you are upset. Ex: heart racing, breathing increases, body tenses, sweating, and etc.

**STOP Signs**: Write down your stop signs that you can use in this situation to interrupt or stop your train of unhelpful thoughts. Stop signs are mental images that you can create in your mind to help you stop and think. Example: Picture of a stop sign; a blazing red fire; Keep out sign; and Do not enter sign; prohibited sign.