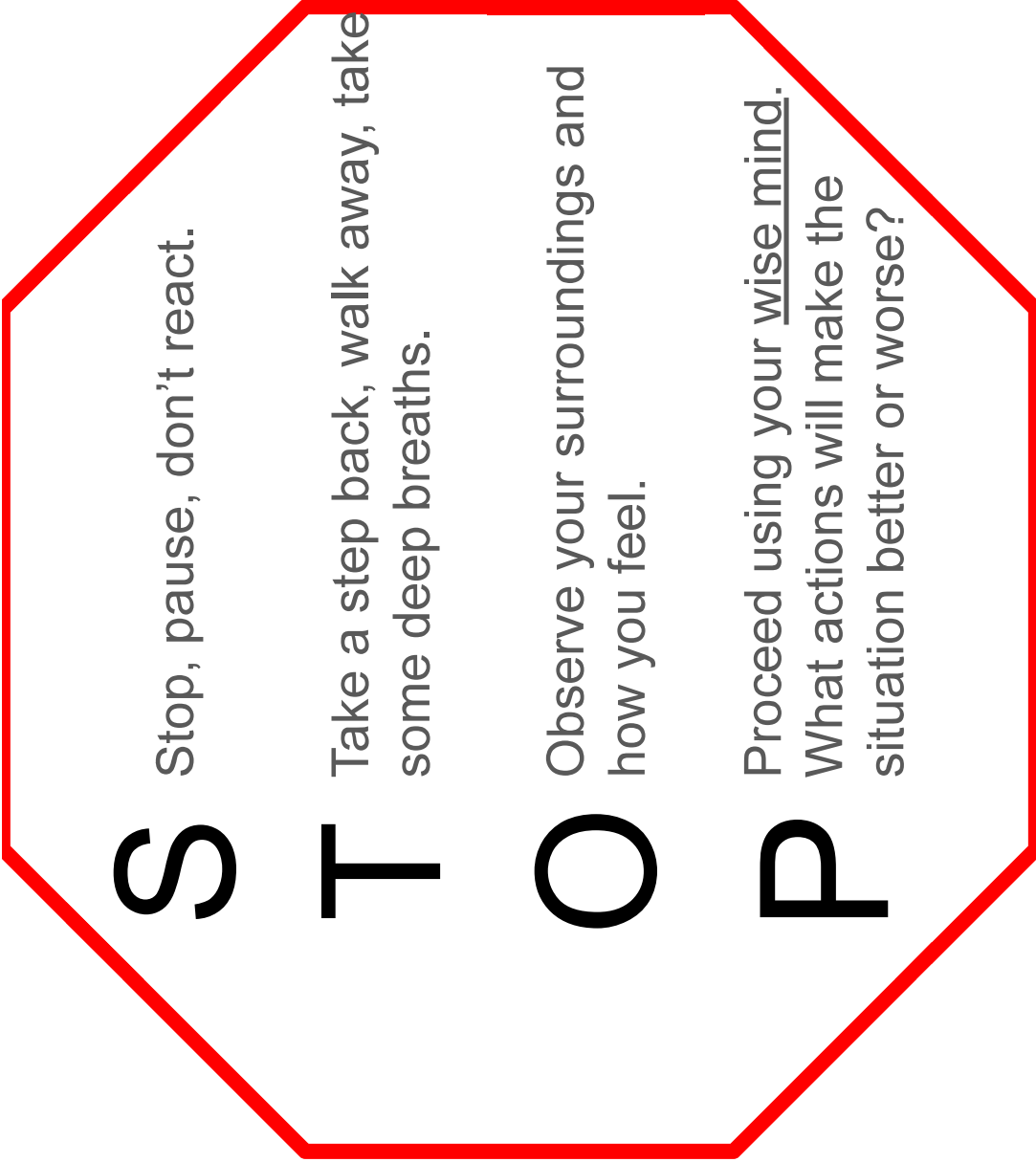




S

Stop, pause, don't react.

T

Take a step back, walk away, take some deep breaths.

O

Observe your surroundings and how you feel.

P

Proceed using your wise mind.
What actions will make the situation better or worse?