

Pause Tool

When something upsetting happens:

Pause and reflect, if only for an instant. You may want to ask for more time.

Ask yourself

Is my instinctive response keeping me safe from physical danger?

(If so, let the primitive brain take over. If not, continue)

Take some deep slow breaths. This will calm and strengthen your heart beat and clear your mind.

Notice how you feel

Ask yourself

What actually happened?

What did I tell myself it meant?

What is another explanation for what happened?

Choose how you want to react.

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