



## The Pause Strategy: To Understand & Self Empathize (PaUSE)

### When Triggered - Changing our Habitual Reactions to Intentional Responses

**FIRST - BREATHE** – take 3 slow... deep... breathes...expand your awareness. Remember : “Between stimulus and response there is a space....”

What was I saying to myself about the situation/ other/ myself?	What was I <i>feeling</i> In response to the situation (list feelings)	What was I <i>needing</i> ? (use needs list)	When Triggered – how did I <i>respond</i> ?	How is my response <i>understandable</i> knowing my PDPs fears and needs... <u>compassion</u> for myself..... NO WONDER	How was my response helpful/not helpful ?	What is the <i>evidence</i> my thoughts are TRUE/ NOT TRUE ?	How would I <b>like</b> to respond next time?  My new <i>intention</i> is..

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