

THE PAUSE PRACTICE:

A Pocket Guide to Emotional Power

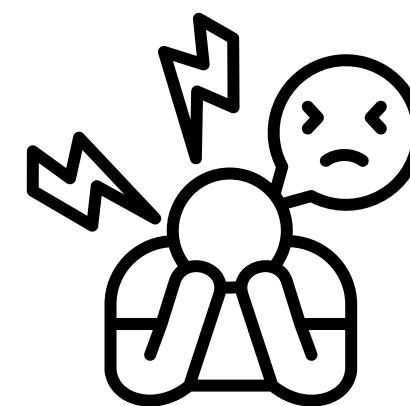


1 NOTICE THE TRIGGER

Before you can pause, you've got to notice that something's stirring your pot. Ask yourself: • What just happened? • Why am I feeling this way?

• What part of me is reacting right now?

PRO TIP: Keep a little "Trigger Tracker" for a few days. You'll start spotting patterns.



2 TAKE A DEEP BREATH (OR 2 OR 3)

Slow everything down.

Try this: • Inhale through your nose for 4 counts. • Hold for 4 counts.

• Exhale through your mouth for 6 counts. • Repeat twice.

Think of it as giving your nervous system a warm bath instead of a cold slap.

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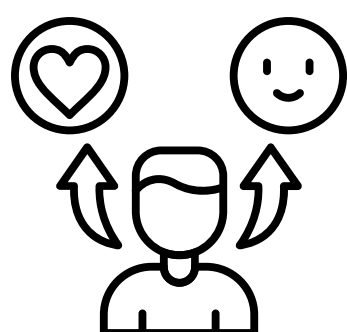
3 NAME IT TO TAME IT

Emotions lose power when you call them out.

Say: • "I'm feeling embarrassed right now." • "This is frustration showing up." • "That hit an old nerve."

Naming your emotion gives you distance from it.

You're observing it — not drowning in it.



4 CHOOSE YOUR RESPONSE

Now you ask yourself: • Do I want to react, or do I want to respond?

• What would my highest, most grounded self do here?

• Will this matter in 5 hours, 5 days, or 5 years?

Sassy bonus: Ask, "Is this worth handing over my peace to?"

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5 RECLAIM YOUR POWER WITH INTENTION

Say it out loud if you need to: • "This one's not mine to carry." • "I don't need to attend every argument I'm invited to." • "I'm choosing peace."

Then, walk away proud — like you just saved your energy and your edges.



5

6 MANTRA FOR THE MOMENT

"I honor my feelings, but I don't let them run the show.
I pause, I breathe, and I choose peace."

6

7 BONUS JOURNAL PROMPT

"What situations make me want to react quickly, and how would it feel to slow them down?"

