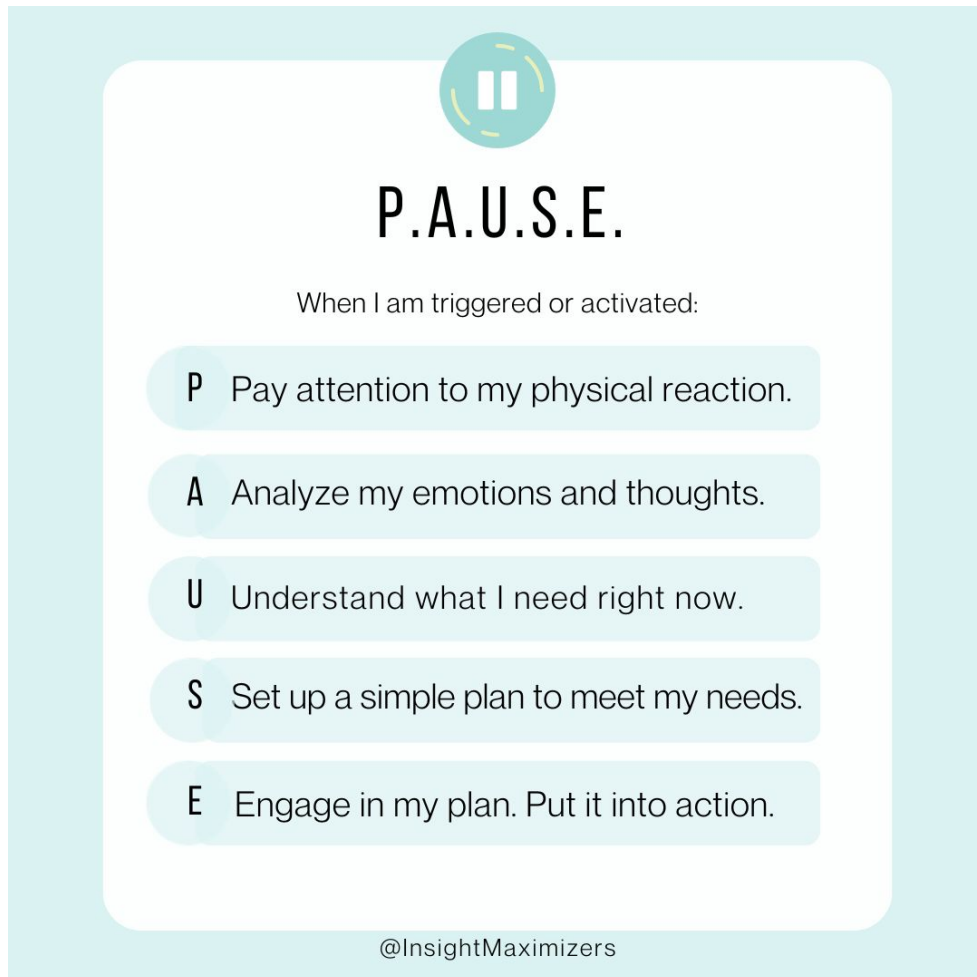


PAUSE

A format to navigate triggers and craft a coping plan

Hi. We've put together a simple thing you can do when you feel triggered or activated. It's all about the PAUSE.



The graphic is a light teal rounded rectangle containing a white rounded rectangle. At the top center of the white rectangle is a teal circle with a white pause symbol. Below the circle, the text 'P.A.U.S.E.' is written in large, bold, black letters. Underneath, the text 'When I am triggered or activated:' is centered. Below this are five light teal rounded rectangular boxes, each containing a letter and a description: 'P Pay attention to my physical reaction.', 'A Analyze my emotions and thoughts.', 'U Understand what I need right now.', 'S Set up a simple plan to meet my needs.', and 'E Engage in my plan. Put it into action.'. At the bottom center of the white rectangle is the text '@InsightMaximizers'.

P.A.U.S.E.

When I am triggered or activated:

- P** Pay attention to my physical reaction.
- A** Analyze my emotions and thoughts.
- U** Understand what I need right now.
- S** Set up a simple plan to meet my needs.
- E** Engage in my plan. Put it into action.

@InsightMaximizers

Save this graphic on your phone and use it in a crisis. It works! Download here:
<https://insightmaximizers.com/handouts>.



Observing Yourself

Has someone ever asked you: “What’s going on with you anyway?” after you surprised them and yourself with a strong reaction? To reduce the chances of being in this type of situation, cultivate the skill of observation. Being an observer of yourself is a great thing to do before reacting, if possible. When you notice a change within you, it is a good time to *stop, breathe and think!*

We’re giving you a format below for observing what’s going on with you. In the event you’re not able to do this in the moment, that’s okay, just do it when you can!

What’s happening in my life at this moment?

- *Feeling triggered is human, it’s just part of being alive!*
- *How can I give myself compassion, and let go of judgement?*

What emotions am I having?

- *Using a scale of 1 to 10, what is the intensity of each of my feelings?*

What am I thinking?

- *Are my thoughts rational, distorted or irrational? Call out any thoughts that are not rational.*
- *Get all your thoughts on paper in the moment if you are able or after the fact. Use the Insight Maximizer booklet to assist with this.*

What am I feeling in my body?

- *Are my muscles tense? Is my heart pounding? Is my breathing shallow, heavy, or not at all?*
- *Practice diaphragmatic or relaxation breathing to help your body cope with its reaction.*

What do I need right now?

- *When I am triggered, how can I bring myself back to this moment?*
- *How can I keep my thoughts from spinning and exploding into all sorts of directions?*

What am I thinking about doing? What have I done in response to my reaction?

- *What do I want my future self to say about how I handled myself in this situation?*
- *Use the fast forward question: You’re looking back on this moment and you’re proud of how you handled the situation, what would that look like?*

How do I proceed with what I need?

- *Use my trigger plan: PAUSE!*
- *Congrats on thoughtfully acting instead of impulsively reacting!*

Jenni & Suze