

PAUSE

for a *moment of clarity*



Out of **the Ashes**
Reclaim Your Flame

P

Pay attention to my body, thoughts, and feelings.

What happens to my body when I get angry? eg. clenched fists, elevated heart-rate? These are messages that I need to pause.

Am I breathing? What story am I telling myself?

A

Assess what is activating me

What feelings are being activated? Do I not feel heard?

Do I feel misunderstood? Am I upset about what is said or something else what happened to me recently?

U

Understand the roots of my feelings

What values of mine are being challenged? Am I seeking to resolve a disagreement or maintain power and control over something or someone else?

S

Set Boundaries, Separate, Ensure Safety

If you are not able to show up in dignity and respect. Step away.

Set boundaries. Work with the problem when you are less frustrated.

It is important everyone feels safe.

E

Empathize with those involved

Everyone deserve respect. How could the other person be experiencing me? How will my actions impact others? What are others trying to express? How can we create understanding?