

# 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 that 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?