

# PAUSE

NAME:

DATE:

When emotions run high, taking a moment to reflect can help us respond in healthier, more intentional ways. Use this worksheet to pause, process, and choose a response that supports your growth.

P

Pause (What Triggered you?)

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A

Assumption (What story did you tell yourself?)

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U

Unhelpful Reaction (What did you do or say?)

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S

Situation Reality (What was really going on?)

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E

Empowered Choice (What healthy action can you take next time?)

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