

Tool 12.2: Pause and allow¹¹

Date:

Practice this activity before you get into an upsetting situation with your loved one.

What's a common argument or situation with your loved one?

Step 1: Notice your experience

What emotions do you experience?

Ex: Fear, betrayal, anger

What thoughts do you have?

Ex: "Here we go again," "They don't care about anyone but themselves"

What physical sensations do you notice?

Ex: clenched fists, headache

What do you do in response to these feelings?

Ex: Slamming doors, ruminating on old wounds, staying in bed all day

How do your responses make you feel?

¹¹ Adapted from **The Invitation to Change: A Short Guide**. Published by CMC:Foundation for Change.

Step 2: Pause and allow

How can you buy yourself time before you react to this situation?

Ex: Deep breaths, meditating, going for a run

1.

2.

3.

Step 3: Decide what matters

Which of your values can anchor you in this moment?

Step 4: Choose a path

What response will help you move toward what you care about? (Remember that it may not be the most comfortable choice in the moment.)

1.

2.

3.