



## Thoughts

- **What thoughts are going through my mind?**

Write down any thoughts you are having.

- **Are these thoughts helpful or unhelpful?**

Reflect on whether these thoughts are serving you well or not.

## Pause Practice

- **Take 3 slow breaths:**

Inhale deeply, hold for a moment, and exhale slowly.

- **What do I need right now?**

Identify what you need at this moment to feel more balanced.

## Respond (Not React)

- **What is a calm, helpful response?**

Think about how you can respond in a way that is constructive and supports your well-being.

- **What would my best self do?**

Consider how your best self would handle the situation.

## Reflection

- **How do I feel after responding?**

Reflect on your emotional state after choosing a thoughtful response.

- **What did I learn?**

Think about any insights or lessons you gained from this experience.

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“I can pause. I can choose my response.”