

PAUSE BEFORE YOU ACT

Create a little space between the urge and the choice.

P

PAUSE YOUR BODY

Stop moving. Put down the food, phone, card, or keys.
Take 3 slow breaths.



A

ASK

What am I about to do?



U

UNDERSTAND THE URGE

What am I feeling? What do I need?

Hungry • Tired • Lonely • Bored
Anxious • Angry • Excited



S

SEE THE NEXT CONSEQUENCE

How will I feel in 10 minutes?
What will this affect tomorrow?



E

EXECUTE A THOUGHTFUL CHOICE

YES — It is safe and fits my plan.

WAIT — I need more time or another person's input.

CHANGE — I can meet the need another way.

NO — It is not safe or does not fit my plan.



Success is using the pause —
not always choosing no.

cluttered
SPACES