PAUSE BEFORE YOU REACT

DATE _____ TIME _____

Slow it down. Get grounded. Choose your response.

1. WHAT JUST HAPPENED?

_____

_____

_____

_____

_____

2. WHAT AM I FEELING?

- ☐ Angry
- ☐ Hurt
- ☐ Anxious
- ☐ Ashamed
- ☐ Overwhelmed
- ☐ Frustrated
- ☐ Numb
- ☐ Other: _____

3. WHAT IS MY BODY DOING?

- ☐ Racing heart
- ☐ Tight chest
- ☐ Shaky
- ☐ Hot / flushed
- ☐ Tense
- ☐ Numb
- ☐ Tears
- ☐ Other: _____

4. WHAT DO I FEEL URGED TO DO?

- ☐ Text right away
- ☐ Argue
- ☐ Shut down
- ☐ Leave
- ☐ Use / escape
- ☐ People-please
- ☐ Cry
- ☐ Other: _____

5. PAUSE OPTIONS

- ☐ Take 5 breaths
- ☐ Drink water
- ☐ Step away
- ☐ Wait 10 minutes
- ☐ Write it out
- ☐ Contact support

6. WHAT MATTERS MOST IN THIS MOMENT?

_____

_____

_____

_____

_____

7. MY CALM RESPONSE / NEXT STEP

_____

_____

_____

_____

_____

A pause can protect the progress you've made.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.