



= PAUSE BEFORE YOU REACT =

DATE _____

TIME _____

Slow it down. Get grounded. Choose your response.

1. WHAT JUST HAPPENED?

2. WHAT AM I FEELING?

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

3. WHAT IS MY BODY DOING?

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

4. WHAT DO I FEEL URGED TO DO?

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

5. PAUSE OPTIONS

- | | |
|---|--|
| ☐ Take 5 breaths | ☐ Wait 10 minutes |
| ☐ Drink water | ☐ Write it out |
| ☐ Step away | ☐ 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.