

Hold this side of the PAUSE card toward the other person.

**I really do want to work
this out with you.**

I need a pause.

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Hold this side of the PAUSE card toward the other person.

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I need a pause.

Breathe

WORDS FOR YOU TO READ ALOUD.

“I need to stop right now. I am feeling anxious about my ability to communicate in a way that will be productive. [optional: I really do care about you.] I so want a solution that works for both of us. I will resume the conversation after I take a time out so that I can better hear you.”

WHAT YOU MIGHT DO NEXT: Get curious.

1. What am I feeling? What am I needing? What might I do next that serves meeting my values/needs?
2. What might the other person be feeling? What might they be needing?

Breathe

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