

The Exercise

Protect the Power Pause

I'd like you to practise one simple skill - not calming yourself down, not making the feeling disappear, but protecting the **Power Pause**.

The next time you notice yourself becoming emotionally triggered, resist the urge to react immediately. Instead, give yourself **Permission to Pause**. It might only be for ten seconds. It might be one slow breath. It might mean saying: I need a moment to think about that. Can I come back to you? Or simply remaining silent for a few seconds before responding.

During that pause, ask yourself one question: what does this moment need from me?

Not:

- ♥ What does my fear need?
- ♥ What does my guilt need?
- ♥ What does my anxiety need?

But: **what does this moment need?**

Perhaps it needs honesty, patience, a boundary, compassion, or needs no response at all.

Notice what changes when you pause before reacting.

- ♥ Does the intensity of the emotion soften?
- ♥ Do you begin to see other possibilities?
- ♥ Do you feel more in control of your response?

You may discover that the trigger is still there, the emotion is still there, but something else is there too: **Choice**.

Remember, this exercise is not about getting it right every time - there will be moments when you react before you remember to pause. The success of this exercise is not measured by how calm you become but by how often you remember that there's a space between the trigger and the reaction.

- ♥ Every time you protect that space, you strengthen it.
- ♥ Every time you strengthen it, you teach your nervous system that it no longer needs to rush into survival mode.
- ♥ Every time you consciously choose your response instead of repeating your old reaction, you take another step away from the old ways of doing things.

That is how a calmer life is built. One protected **Power Pause** at a time.

For this coming week keep a record of when you're emotionally triggered but resist the urge to react immediately and instead, give yourself **Permission to Pause**: