Regulation pause card

Print it, fold it and keep it where you will see it. Use it before a difficult conversation, an appointment or a decision.

Regulation

1 The pause

The point is not to feel calm on demand. It is to put a small gap between what you feel and what you do, so the decision is yours.

- Stop. Put both feet on the floor and let your shoulders drop.
- Breathe out slowly, longer than you breathe in, four or five times.
- Name what you are feeling in one word, without arguing with it.
- Ask what this situation actually needs from me right now.
- Then decide, or choose to decide later.

2 My own version

The word I use to start the pause

What settles me fastest

Where I will keep this card

3 A note on limits

A pause helps you make a better decision. It does not treat a health condition. If you are in crisis, contact your GP, NHS 111, or the emergency services.

4 Where this comes from

- Identity Performance Psychology: White Paper Vol. 2

AURIS Institute provides education and structured self reflection. It is not therapy, medical treatment or crisis support. If there is immediate danger, use the appropriate emergency service.

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