

My pause plan

Pause Before You React | Conflict & repair

"I'm getting worked up. I need a break, and I'll come back to this."

Use these prompts for your own preparation. Leave out identifying details you do not need.

My early warning signal

A safe place or action

My pause sentence

How I will stay responsible for care

How I will return

Prompts are starting points to adapt. This is not an assessment or a promise of a particular response.