

Worksheet: Learn how to pause instead of react — and why silence is sometimes your superpower

Brave Conversations - Week 3: 1-19-26

Step 1: Notice Your Triggers

Write down 2–3 situations where you tend to react quickly or emotionally. These might be conversations, people, or settings that bring up stress, defensiveness, or frustration.

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Step 2: Pause & Breathe

Practice the art of pause. What can you *do* instead of reacting right away?

Examples:

- Take three deep breaths.
- Say: “Let me think about that.”
- Excuse yourself to get water or take a walk.

Now write down *your* go-to pause strategy:

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Step 3: What Silence Offers You

Silence doesn't mean you're weak. It can be powerful space to gather your thoughts, realign your emotions, and make empowered choices.

What does silence make possible for *you*?

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Step 4: Create Your Power Phrase

Write a short phrase you can tell yourself when you're choosing to pause instead of react.

Examples:

- “I don't have to decide right now.”
- “I can respond with grace, not urgency.”
- “Silence is my strength.”

Your phrase:

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Affirmation:

“My power grows in the pause. I can choose calm, clarity, and confidence—even in hard moments.”