



Part 1 — In-the-Moment Checklist

When something feels off, follow this:

- ☐ I notice the signal in my body (heat, tension, clenching, nausea)
- ☐ I stop and take a breath
- ☐ I pause (I don't speak yet)
- ☐ I remind myself:
 - This is a reaction
 - This may not be the truth
 - This might not be mine
- ☐ I separate:
 - "This is their perception."
 - "I don't have to take this on."
- ☐ I release the reaction:
 - Visualise placing it outside of me
 - Let it go (no return)
- ☐ I breathe again
- ☐ I choose how to respond (or not respond)

Part 2 — After the Moment (Reflection)

What just happened?

- What triggered me? _____
- Where did I feel it in my body? _____
- What did I want to do (react)? _____
- What did I actually do? _____

What shifted after I paused?

Was this mine or not mine?



Part 3 — Pattern Awareness

(Use over time)

- Where do I feel triggers most often _____
- What situations bring this up? _____
- What do I notice changing as I practice this? _____

Part 4 — Reset Scripts (use in real life)

If you need space:

- “Give me a moment before I respond.”
- “I’m feeling a bit tense — I’m going to pause.”

If things escalate:

- “Can we sit quietly for a few minutes before continuing?”

Part 5 — Quick Reminder

You don’t have to react.

You can pause, separate, and choose your response.