

P.A.U.S.E

Self De-Escalation

P **Pay attention to my body, thoughts, and feelings.**
What happens to my body when I get angry? eg. clenched fist, elevated heart-rate? These are messages that I need to pause.
Am I breathing? What story am I telling myself?



A **Assess what is activating me**
What feelings are being activated? Do I not feel heard? Do I feel misunderstood? Am I upset about what is said or something else that happened to me recently?



U **Understand the roots of my feelings**
What values of mine are being challenged? Am I seeking to resolve a disagreement or maintain power and control over something or someone else?



S **Set boundaries, Separate, Ensure Safety**
If you are not able to show up in dignity and respect. Step away.
Set boundaries. Work with the problem when you are less frustrated. It is important everyone feels safe.



E **Empathize with those involved**
Everyone deserves respect. How could the other person be experiencing me? How will my actions impact others? What are others trying to express? How can we create understanding?

