# PAUSE PLAN

Name: _____

Date: _____

For moments when criticism or rejection hits hard. Fill it in on a calm day and keep it somewhere handy.

## 1 My usual triggers

A short reply, feedback, being left out, a change of plans...

_____

_____

## 2 Name it

**“This is a rejection wave. It’s strong, and it will pass.”**

**Or in my own words:**

_____

## 3 Body first

- ☐ Slow breaths, long exhale
- ☐ A walk around the block
- ☐ A drink of water
- ☐ Step outside
- ☐ Music in my headphones
- ☐ _____

## 4 Before I reply

- ☐ Draft it, don't send it
- ☐ Wait at least an hour
- ☐ Talk to someone I trust
- ☐ Ask instead of assume: “Are we okay?”
- ☐ _____

## 5 Check the story

| The story my brain is telling | What I know for sure | Two other explanations |
|---|---|---|
| | | |
| | | |
| | | |

## 6 My kind-words file

Things people have said that I want to remember on hard days.

1. _____
2. _____
3. _____



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