

TO DO: Practice using the PAUSE method daily for one week. Reflect on your experiences. Then, given your assessment, revise a plan of action and implement PAUSE for another week. Notice your experiences.

Our ability to increase the consciousness of our decision-making begins with a recognition that we all have bias and a willingness to identify ours.

Remember to P.A.U.S.E.:

- **P**ay attention to what's actually happening beneath the judgments and assessments
- **A**cknowledge your own reactions, interpretations, and judgments
- **U**nderstand the other reactions, interpretations, and judgments that may be possible
- **S**earch for the most empowering, productive way to deal with the situation
- **E**xecute your action plan