

The P.A.U.S.E. Method

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

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

Pay attention to what surprises you, makes you feel uncomfortable, or confused.

Acknowledge your own reactions, interpretations and judgments about this situation. What are/ were you thinking at that time?

Understand and identify the other reactions, interpretations, and judgments that maybe possible. List them.

Search for and identify the most empowering, productive way to deal with the situation from your list of possible alternatives.

Execute your action plan.

Your Challenge:

Practice using the P.A.U.S.E method daily for one week. Reflect on your experiences. Then, given your assessment of your behavior, revise a plan of action and implement the P.A.U.S.E method daily for another week. Notice your experiences.

