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:**

- **P**ay attention to what surprises you, makes you feel uncomfortable, or confused.
- **A**cknowledge your own reactions, interpretations and judgments about this situation. What are/were you thinking at that time?
- **U**nderstand and identify the other reactions, interpretations, and judgments that maybe possible. List them.
- **S**earch for and identify the most empowering, productive way to deal with the situation from your list of possible alternatives.
- **E**xecute 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.