

The Pause That Changes Everything

5 Steps to Help You Move from Reactivity to Intention

When discomfort shows up, your brain wants relief—fast. That might look like numbing, saying yes when you mean no, abandoning a task, or avoiding a conversation. But if you pause—even briefly—you can shift from automatic response to intentional choice. This is a moment-by-moment practice of building self-trust through awareness and compassion.



Step 1: Notice the Urge

“What am I feeling pulled to do right now—scroll, avoid, say yes, shut down?”

→ See the urge as a signal, not a flaw.



Step 2: Name What's Underneath

“What emotion or tension is beneath this urge?”

“Am I facing competing values?”

→ Naming helps reduce emotional intensity and brings clarity.



Step 3: Pause with Compassion

Place a hand on your heart. Take a slow breath.

Try saying to yourself:

“This is hard, and I’m doing the best I can.”

“It’s okay to slow down before I decide.”



Step 4: Check for Alignment

Ask: “What would an aligned choice look like right now?”

“What do I want to honor—my values, my needs, or both?”

→ No need to fix everything. Just one aligned step is enough.



Step 5: Choose Intentionally

Make a gentle, grounded choice. It doesn’t need to be big.

“I’m allowed to change course with care.”

You don’t need perfection to grow. Each pause is practice. Each moment of self-compassion builds trust between you and yourself.

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