

Worksheet: PAUSE for Emotional Resilience

Two ways to use [the PAUSE Framework](#) – as a step-by-step guide in the moment, and as a set of factors you can strengthen over time. [Read The Full Blog Post HERE](#)

Step-Based PAUSE (What to Do in the Moment)

Step	What It Means	Example
P – Pause	Stop before reacting. Take a breath.	Instead of snapping back in an argument, you breathe and count to 3.
A – Accept	Notice and name your feelings.	<i>"I feel frustrated and tense right now."</i>
U – Understand	Ask why you feel this way. Look at the trigger.	<i>"I'm tired, and that's making small things feel bigger."</i>
S – Strengthen	Choose a new response.	Instead of yelling, you say: <i>"I need five minutes to cool off."</i>
E – Evolve	Move forward with confidence.	You return calmly, knowing you managed the moment well.

Build Emotional Resilience



Steady Yourself Under Stress With the PAUSE Emotional Resilience Bundle

reset when emotions overwhelm you

SHOP HERE

Factor-Based PAUSE (What Makes Resilience Possible)

Factor	Linked to PAUSE	What It Looks Like	Example
I Have	Pause & Understand	External supports: people, routines, safe spaces.	A supportive friend you can call; a quiet place to think.
I Can	Accept & Strengthen	Coping skills: calming down, problem-solving, asking for help.	Taking deep breaths, reframing thoughts, asking a teacher for guidance.
I Am	Evolve	Inner strengths: self-worth, optimism, persistence.	<i>"I'm strong enough to try again, even if I fail."</i>

How They Work Together

- **Steps** = your *actions* when emotions rise.
- **Factors** = your *foundation* for resilience every day.
- Practising one strengthens the other.

Reflection Questions

1. Which PAUSE **step** do I find easiest to use? Which is the hardest?
2. Looking at the **factors (I Have, I Can, I Am)**: which one is strongest in my life?
Which one do I want to build up?
3. How could I practise PAUSE this week in both ways — as steps in the moment and as factors I'm nurturing?

For more personal development resources visit

<https://www.inspirationalguidance.com>