

Think-Pause Strategy

Using my Think Pause Strategy when my hot buttons are pushed helps me to react with thought and stay off the Trouble Train.



Think about a time your hot button was pushed and you became emotionally hijacked. You can choose to fill in the worksheet below, or create your own poster in your EQ book.

MY HOT BUTTON IS...

WHAT HAPPENED?

WHAT WAS MY REACTION?



NOW THINK ABOUT A THINK PAUSE STRATEGY YOU COULD HAVE USED BEFORE REACTING.

WHAT HAPPENED?

THINK-PAUSE STRATEGY

WHAT WAS MY RESPONSE?

