WORKSHEET **My Pause Plan**

Fill in each line. Keep your answers short enough to remember under pressure.

The first sign in my body that I've been stung: _____

My one-breath move (what I'll do in the first five seconds): _____

My buying-time phrase: "_____"

My step-away line: "_____"

My delay line for later replies: "_____"

The person or place where I most need a pause: _____

My plan for that person or place: _____

☐ I've practiced my phrase out loud at least five times.
☐ I've used one pause on purpose this week, even on something small.

© 2026 Blake Tenney · From *That Wasn't About Me* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads