

The 5-Day Pause Practice

Five days. One skill. The foundation for every connection that follows.

Each day has three parts: a morning intention, a practice to try, and an evening reflection. None of it takes more than a few minutes. You don't have to do this perfectly. Imperfect practice builds the muscle just as well. The goal is to start noticing the gap between your trigger and your response. That gap is where the Pause lives.

DAY 1 NOTICE	DAY 2 NAME IT	DAY 3 BUY TIME	DAY 4 PREPARE	DAY 5 REFLECT
<i>What Does Activated Feel Like in Your Body?</i>	<i>Give Your Activation a Word</i>	<i>Create the Gap Out Loud</i>	<i>Pause Before You Walk In</i>	<i>What Has Changed — and What Comes Next</i>
■ MORNING INTENTION	■ MORNING INTENTION	■ MORNING INTENTION	■ MORNING INTENTION	■ MORNING INTENTION
Today I am not trying to change anything. I am simply going to notice. Before I interact with the teenager in my life, I will ask: what does my body feel like right now?	Today I am going to practice naming what I feel — to myself, internally — in the moment it happens. Not out loud. Just a word. Enough to engage my thinking brain before my reactive brain takes over.	Today I am going to practice buying myself time without abandoning the moment. I will find a phrase — honest and simple — that gives me a few extra seconds before I respond.	Today I am going to practice the Pause before the moment arrives — not in response to a trigger, but in preparation for the relationship.	Today I am going to look back at this week with honesty and without judgment. Not to grade myself. To understand myself.
◆ TODAY'S PRACTICE	◆ TODAY'S PRACTICE	◆ TODAY'S PRACTICE	◆ TODAY'S PRACTICE	◆ TODAY'S PRACTICE
At least once today — check in with your body. Jaw. Shoulders. Chest. Breath. What does regulated feel like? What does activated feel like? Begin to learn the difference. You cannot work with something you haven't noticed yet.	When you feel activation today, find one word for it before you respond. Tight. Flooded. Frustrated. Dismissed. You are not suppressing the feeling — you are naming it so it doesn't name you. Research tells us that labeling an emotion measurably reduces its intensity.	"Give me a second." / "I hear you — let me think about that." / "That's important. I want to respond to it well." Use one today when activated. You are modeling something profound: it is possible to feel something and not act on it immediately.	Before you walk through the door today — sit for 90 seconds. Three full breaths. Set down the residue of your day. Ask: what do I want this first moment to feel like? The first exchange sets the temperature for everything that follows. Guard it.	Sit with these: What did I learn about my body this week? Was there a moment when I responded rather than reacted — what made that possible? What is my specific edge in the Pause — where is it hardest to find the gap? The Pause is not a destination. It is a practice you keep choosing.
■ EVENING REFLECTION	■ EVENING REFLECTION	■ EVENING REFLECTION	■ EVENING REFLECTION	■ EVENING REFLECTION
<i>Was there a moment today when I felt something shift? What was happening when it shifted?</i>	<i>Did I find a word today? Did naming it change anything — even slightly — about how I responded?</i>	<i>Did I use the phrase? Did I feel the gap — even briefly — between the trigger and my response? That gap is the Pause.</i>	<i>What was different about the first exchange when I paused before walking in? What would I need in place tomorrow to make 90 seconds possible?</i>	<i>The Pause is not a destination. It is a practice. You will lose it and find it again. That is not failure — that is the work.</i>

Ready to go deeper?

Episode 3 of Tweens, Teens & Everything Between goes deep on Pause — the science, the self-awareness, and the tools. And if you want support identifying your Enneagram type and what it means for your relationships: drlonnagordon.com