# Pause before Acting - Concept brief

Understand the idea behind pause before acting and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Taylor receives an irritating email and waits before replying.

## The idea

A pause can create space for choosing a safer response.

## An ordinary example

Taylor receives an irritating email and waits before replying.

## What this can look like

Rehearse stopping, stepping back in an accessible way, observing, and choosing the next effective action in a low-stakes example.

## Check the fit

What would help you pause without making the situation less safe? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

## A useful distinction

Acceptance acknowledges the present; it does not endorse harm or remove the need for change.

## Reflection

What would help you pause without making the situation less safe?

## Scope and adaptation

These are selected DBT-informed educational exercises, not comprehensive DBT, phone coaching, or crisis care. Use individualized clinical assessment and existing care plans. No cold-water immersion, breath holding, intense exercise prescriptions, exposure assignments, or risk scoring are included. Behavior chains and opposite-action decisions need clinician guidance when risk or complexity is present.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/approaches/resources/DBT-A06-1