Pause before Acting - Review journal

Review an attempt at pause before acting and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A pause can create space for choosing a safer response.

Practice task

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

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What would help you pause without making the situation less safe? My optional adjustment or support request:

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-A06-5