Conflict Pause and Return - Shared Pattern Map

You may write, draw, think quietly, use fiction, observe, or pass. Share only what you choose. This educational activity is not a test.

Fictional example: A member and housemate speak faster as tension rises.

1. What is known in the fictional example, and what needs checking?

2. Create a pause statement, regulation options, and a realistic return plan for a low-stakes disagreement. My notes, drawing, or possible response:

3. What prevents the pause from becoming abandonment?

4. One optional next step, support, or reason to revise the idea:

You can pause or stop. Ask your facilitator for an alternative if this does not fit. No identifying information belongs in shared copies. Independent clinical review pending.