

Practicing a Deliberate Pause

Emotion regulation | Clinicians | 50 minutes

Guide a session that turns emotional awareness into a practiced response.

Outcome: the client identifies an early cue, chooses a pause, and rehearses a response that fits their goal. Begin with a manageable example. The client can decline role play, use writing instead, or stop at any point.

Minutes 0 to 15

0 to 5: check current distress and immediate safety needs. 5 to 10: choose a recent everyday interaction and a goal for the session. 10 to 15: use EMO01 to separate the event, feeling, interpretation, urge, and possible need.

Minutes 15 to 40

15 to 25: use EMO03 when an interpretation needs review, or discuss a practical boundary when the concern is clear. 25 to 35: use EMO02 to select an early cue, a pause, and words for returning. 35 to 40: rehearse once or write the response, then invite feedback.

Minutes 40 to 50

40 to 45: adjust the practice to the client's real setting and identify support. 45 to 50: choose one opportunity to try it, decide what to observe, and close with a check in. If the example involves coercion or danger, replace joint communication practice with individualized safety and support planning.

My cue, pause, chosen words, and practice opportunity

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