

### ***Pause and Ponder (Secondary)***

Have you ever been in a disagreement with someone and reacted quickly by saying or doing something you regretted later? Has there ever been a time when you were so upset that you couldn't think clearly? When you experience disagreements and have strong emotions, you can use the strategy ***pause and ponder*** to help you avoid reacting inappropriately or in a manner that you will regret. Remember that we can't control others but we can control our own attitudes, our words, our actions, and our effort.

When you ***pause and ponder***, you recognize that you are in a conflict and quickly make the decision not to react immediately. Instead, you pause and remove yourself from the situation by saying phrases like "I need to think about this for a minute" or "Let's talk about this later." When you ***pause and ponder***, you give yourself time to respond effectively instead of immediately reacting to the situation.

It's important to ***pause and ponder*** when **we** have strong emotions like anger or frustration. It's also important to ***pause and ponder*** when you notice **the other person** experiencing those emotions. The next time you are in a conflict with someone, remember to ***pause and ponder*** and give yourself time to think through what you want to say and do.