

Pausing To Prevent Conflict

So, how can you incorporate the power of pause into your relationship?
Here are some tips to get started:

Recognize the Signs

Pay attention to your body and emotions during conversations. If you notice tension rising or feelings of frustration escalating, it might be time to take a break.

Agree on a Signal

Establish a signal or code word with your partner that indicates when one of you needs a pause. This could be as simple as raising a hand or saying a predetermined phrase like "pause."

Take Time to Reflect

Use the pause to reflect on your own feelings and thoughts about the conversation. What are your underlying emotions? What do you need from your partner or the conversation to resolve the issue?

Practice Self-Soothing

Engage in activities that help you recenter and regain perspective. Whether it's deep breathing, going for a walk, or listening to music - find what works best for you.

Return with Openness

Once both partners have had a chance to pause and collect their thoughts, reconvene with an open mind and heart. Approach the discussion with curiosity and willingness to understand each other's perspectives. Don't discount the importance of this step; skipping it and never returning to the original issue leads to distrust and resentment.