

# Pause & Reflect Decision Template

**Instructions:** *Use this template when you feel the urge to act quickly or impulsively. It helps create space to pause, think, and make choices that align with your values and goals.*

- ✓ Stop for a moment before acting.
- ✓ Quickly fill out this template — even just in your head if you can't write it down.
- ✓ Decide how you want to move forward.

*Tip: Keep a printed copy somewhere visible (e.g., desk, notebook, phone case) to remind yourself to pause.*

## **What This Template Achieves**

- ✓ *Creates a structured pause before acting on impulse*
- ✓ *Supports more thoughtful, values-aligned choices*
- ✓ *Helps build self-regulation skills*

# Pause & Reflect Decision Template

Date: \_\_\_\_\_

 **What am I about to do / decide?**

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 **What am I feeling right now?**

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 **What might happen if I act on this impulse?**

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 **What else could I do right now instead?**

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 **What will help me choose my next step?**

(e.g., deep breath, grounding tool, quick break)

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 *Pair this with our Grounding Techniques Quick List for extra support.*

 *Use this template to build mindful decision-making habits over time.*