
PAUSE Journaling

P	Pay attention to the details.	Record details of the scenario. What happened? Who was involved? What else seems important?
A	Acknowledge your own reactions and responses.	Record details about your physical and emotional reactions to the information. It may be helpful to underline or highlight those you have experienced before.
U	Understand what is causing your reactions.	Record specific language, images, or other elements of the story that are especially triggering.
S	Seek solutions.	Record strategies for managing your response. This might include actions, resources or even people that you know can help.
E	Execute your plan.	What's next? What steps will you need to take to put your plan into action?