

Space Before Responding Tool

Purpose

You don't have to respond perfectly—or immediately.
This tool helps you create a little space before reacting.

Right Now Check-In

Pause for a moment.

A moment where I felt the urge to respond quickly was:

Create Space

Even a brief pause counts.

Choose what fits right now:

- ☐ One slow breath
 - ☐ Counting to three
 - ☐ Stepping away for a moment
 - ☐ Softening my shoulders or jaw
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Notice the Shift

Without judging the outcome:

When I paused, I noticed:

Carry-Forward Choice

No pressure to respond “correctly.”

One way I can build in space before responding next time is:

Reflection

Space doesn't stop the conversation. It steadies it. The bridge holds as you respond with intention.