House of Mind™

THE PAUSE ROOM

Make space for your next choice.

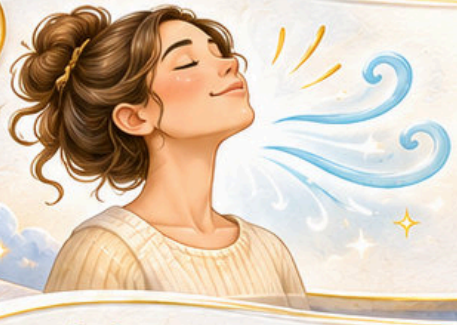
1



S — STOP

Pause before acting.
Put down the phone or stop speaking for a moment if safe.

2



T — TAKE A STEP BACK

Give yourself space. Take a few comfortable breaths without forcing or holding them.

3



O — OBSERVE

What am I feeling?
What are the facts?
What urge do I notice?

4



P — PROCEED MINDFULLY

Choose one next step that supports your values, your goal, and safety.

MY PAUSE PHRASE: _____

MY NEXT HELPFUL STEP: _____

DBT-informed educational tool • Not a substitute for individualized care.

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