



PAIISE

by *june*
SILNY



Introduction

The world is moving faster, and so are we. We are bombarded throughout the day with beeps, chimes, and rings that trigger impulses to react immediately. Impulsiveness is the new norm. It appears in our thoughts, choices, and words. It is human nature to react. However, when it comes to human relationships, that instinctual reaction is often negative and counterproductive. Technology is pushing us into dysfunctional behavior. Our relationships are suffering from the fast pace. We have less control over our words. Whatever we think, we say.

As an adult with ADHD, I'm already impulsive. I didn't need technology to make it worse, but it has. As much as I enjoy my devices and connecting with loved ones, colleagues, and friends so conveniently throughout the day, I know I am more impulsive because of it. I feel an urge—an internal trigger response—to react to everything immediately. Unfortunately, this affects how I feel inside myself and also in my relationships...

My impulse to react is a constant nagging urge. It's invisible, so others may not see it. But it's there, even when I sleep. And its results are everywhere.

I speak before I think. I say things I shouldn't say, and I end up regretting what I said, feeling bad, and ruminating for hours (or days) over my words. I often end up apologizing. Without solid self-esteem, my impulsive behavior would make me feel guilt and shame. And the cycle begins; guilt and shame lead to isolation and withdrawal, which lead to anxiety and possibly depression. All of this happens simply because of my inability to stop and think before I speak.

It's not so easy to stop the impulse to speak. It's a strong force. There is no space, no time, it just happens so quickly. It's harder for a person with ADHD to resist their trigger urges.

During the day when I am alone, the nagging urge interferes with my productivity. It takes me longer to start and finish tasks because of my urge to instantly respond to whatever interruptions come my way.

That's the way I was—frazzled, regretful, and isolated—until I started being honest and asking myself some serious questions.

- Is my behavior producing negative outcomes?
- Do I feel uncomfortable with the results of my words and actions?
- Do I feel dissatisfied and discontent?

I had to answer yes to all those questions. As an adult with ADHD, I've faced many challenges. My ADHD brain wiring couldn't process my thoughts and regulate my emotions. I felt mentally and emotionally bombarded and anxious.

Seemingly out of nowhere, during the course of a day or a conversation, my neck muscles tightened and my heart went from beating to pounding. It didn't take me long to realize that all of this inner turmoil was bad for my health. I began to pay attention to my body: What could be causing this? Panic set in, which only made my blood pressure go higher. Remembering my yoga days, I tried to breathe, be mindful and meditate, but that didn't bring my blood pressure down to 120/80 either.

Then it hit me—hard: my conflicts were causing this. Most of my stress is coming from people I love. Chaos had found a home in my body. Each incident was not only raising my blood pressure numbers but was also causing me to live in a state of discontent. I didn't know how to resolve any of it, so I was living with constant anxiety. I tried to pretend I was fine, but I could feel the unresolved events floating invisibly around in my body, mind, and my relationships. While I was living with a false sense that everything was fine, my relationships were becoming disconnected. Unresolved conflicts were disrupting the flow of intimacy. My mind was never at peace. Sleepless nights were inevitable. Inner peace, calm, and joy were absent from my life.

My emotions were controlling me—my thoughts, my speech, my actions—everything. I didn't know how to respond. Whenever I hear the word control I am reminded of the 3Cs I learned in 12-step programs when dealing with difficult people in difficult situations (or out of control people): cause, control, and change. I didn't cause it; I can't control it; and I can't change it.

I could deal with parts one and two of this handy little reminder, but I had a hard time accepting number three. Of course, I didn't think that I caused someone to act in a harmful way (then again, where was all that guilt I felt coming from). And I truly did believe that I couldn't control the actions of other people (even though I was an expert at trying to). But I definitely struggled to believe that I couldn't change anyone else.

I truly believed that I could achieve the outcomes I desired, if I could only change the people who were out of control.

Finally I realized that wasn't happening. The only thing I could change was myself—and I needed to change. The way I was reacting wasn't working for me or my loved ones. I needed a new way to respond.

To start the change—to transform my reactions, thoughts and words—I had to learn how to

PAIISE.



What Is **PAIISE?**

What Is the Pause?

Most of us experience each day on a frantic busy schedule. Life today is dealt with on an emergency or crisis basis. Taking the time to stop and find a good solution is rare. But impulsive problem solving strategies don't work. Too often it leads to people into acting like fire-breathing dragons, spewing flaming words into another person's face—when's the last time that worked well for you?

By practicing the Pause you will discover your better self, lessen conflict, improve your interpersonal relationships, master your emotions, improve your character traits, live in peace, and completely transform the quality of your life.

Actions, Thoughts, and Speech

We experience our lives through our actions, thoughts, and speech. So the Pause is practiced through your actions, thoughts, and speech. These three components allow you to create happiness—or unhappiness—for yourself. It's a simple method. Simple is not always easy, but simple tasks are manageable.

The Pause is an active state. It seems as if you are inactive but it takes a tremendous amount of character strength to Pause. This is not the good old-fashioned “take a breath and count to ten.” That's a great way to start, but this is so much more than that. While you are catching your breath, and yes, possibly counting to 10 (even though I usually make to at least 100 before I calm down)—you go into action mode.

Pausing is a 3-step process:

1. Think about what you're about to say or do. Move away from negative thoughts, such as judgments, criticism or harsh words towards others.
2. Understand the ramifications if you don't Pause.
3. Work to develop the inner spiritual strength to not respond.

Even though, you may know how to handle a specific situation, do not rush to solve it immediately: Pause.

The Pause allows you the opportunity of time, choice, and wisdom: Time to move slower to discover a better way to manage each situation; the freedom to choose deliberate decisions based on clear, sound judgment instead of impulse reactions; the wisdom from these lessons that will help you make smart choices.

So how do you Pause?



How do you Pause?

Often there is another person present, so it is important to Pause respectfully. Here are some suggestions for pausing so that you can remove yourself from the initial negative reaction and have time to choose a better path.

1. Excuse yourself for a moment—go to another room, the bathroom, or find some other reason to politely and physically remove yourself.
2. If you're on the telephone, ask if you can call back later. Explain that this is not a good time for you.
3. Offer someone a coffee or tea, or ask them to join you in one.
4. Politely explain that you need some time to process what happened and that you'll respond later after you've thought it over a little more.

The Gifts of the Pause

- The Pause teaches you to pay attention to yourself, to be mindful of your thoughts, emotions, actions, and reactions. The first aspect of getting to know your inner strengths is to be aware that the focus is on “you.”
- The Pause allows you to become the master your emotions, rather than letting your emotions control you.
- The Pause itself is for your benefit. It may appear as if you are the one always giving in, always being the flexible one, always doing all the work in the relationship or the situation. But all of it is for your benefit.

Likely, this all sounds overwhelming, but Pause now and decide not to let that feeling stop you from moving forward. This is your moment to make a fresh start, regardless of the past.





Stop the Negative Instinct (to Make Room for the Positive)

Think of the times when someone triggered an emotional reaction in you. What triggered your emotion? How did you respond? Did you get the results you wanted? Likely the answer to the last question is no. Either you defended yourself or lashed out with hurtful comments. If this escalated, you both become entangled in the war of “attack and defend.” Perhaps your behavior became even worse than the original attacker’s. It happens all the time—especially to those of us with ADHD.

Giving in to the negative triggered response brings out the worst in you. Allowing yourself time to Pause removes you from your worst behavior and gives you the choice to respond with dignity. Dignity is a trait of quiet strength, mastery over your emotions, and the ability to react with wisdom. Being able to maintain your dignity if others lose theirs is an enormous strength. When you Pause as your immediate reaction, you will be able to maintain your dignity, regardless of the other person’s response.

Success in your relationships with friends, associates, loved ones and even strangers, rests on a keen sense of discernment. Impulsive reactions take away your freedom of choice. They are reactions without self-control. How can you make a smart choice if you react impulsively? You blurt out your reaction without intelligent thought. Negative emotional reactions are not based on intelligence. If you want to make smart choices, Pause to get acquainted with your emotional intelligence.

When you maintain awareness of the ramifications of reacting emotionally, you will act with good judgment. If you acquire the understanding needed to maintain peace within yourself, your relationships will be preserved. You will show proper respect to others and you will maintain your own dignity.

As you are born good and pure with a positive inclination; you are also born with a negative inclination. A constant enemy, instinctive negative reactions ambush you throughout the day and night. During the day, it appears as a negative thought cycle that spins your mind into a frenzied state. If not controlled, this can fuel negative emotions causing serious damage to relationships, as well as to you. At night, it emerges from your subconscious mind, appearing in your dreams, disturbing your sleep.

The Thought-Valanche

Negative thoughts cause static in your mind. A wild imagination can cause a thought-avalanche. One trigger thought enters your mind and in a split second you have a succession of thoughts following closely behind. It moves swiftly collecting thoughts (usually negative ones) created by your imagination. People imagine frightening scenarios and create horror movies in their minds, all because of one small thought

As the thought-avalanche grows it becomes impossible to get out from under it. You become buried in the darkness of negativity. You are sure that the thoughts you are listening to are true, when in reality it is just the masterwork of your mind: the combination of your creative imagination and the negative impulse joining together to become a powerful force.

How can you function with all this noise in your head? The only way is to remove the blindfold from your mind. Do not become confused or allow yourself to believe that negative thoughts are reality.



Anger Is Poisonous

All negative emotions hurt physically and spiritually. Anger poisons, destroys, and severs relationships while damaging the physical body. Anger is a noticeable in signs of physical discomfort. The immediate tightening of the muscles, the racing heartbeat, and intense throbbing pulse are all indications that anger is present in the physical.

The negative impulse can cause us to believe our mistakes are unforgivable. This causes us to give up on our attempts to make amends or to correct our mistakes. Feeling remorse for a past behavior that harmed someone else may cause you to deny your mistake. If you realize this is only the work of the evil inclination, you will be able to conquer over it and make amends.

The words you choose to speak in the next moment can open the door to that person's heart. Or you can close the door, sometimes locking it permanently shut. This is your moment of choice.



A photograph of a dirt road that splits into two paths, leading towards a large, leafy tree in the center. The scene is set in a dry, open landscape with sparse vegetation and a clear blue sky. A large, semi-transparent teal circle is overlaid on the image, framing the central text.

You Have A *Choice*

Each situation presents you with a choice.
Two paths lie in front of you.

You Have a Choice

Without the Pause, you are unable to act with good judgment. The initial reaction is impulsive and usually negative. Our first reaction is based on the ego—thoughts of judgment and criticism are the first to appear. At the moment of an emotional reaction, the whole world is simply about you: your thoughts, scripts, agenda and dreams.

When you learn to distinguish between the negative impulse and reality, you can choose free will. Even though, your first reaction may sway you towards the negative impulse, you have the freedom of will to choose to not surrender to this to powerful impulse. You can enhance your state of happiness that will then improve your life experience.

The concept of the negative impulse may seem like a cop-out, a reason to excuse an unwanted behavior. If you have the option to blame negative actions on the evil inclination it appears that you can simply err and excuse it later. This doesn't work nor is it reality. Accountability for negative actions is also for your benefit. Accountability is a character strength that improves your self-esteem.

Knowledge and understanding stabilize a person when emotions trigger the negative impulse cycle. Instead of succumbing to it and believing false realities, you remain supported in the knowledge of choice and understand. You choose to not surrender to negative thinking.

Emotions trigger the negative inclination; the intellect triggers the positive. The modus operandi of the intellect is to investigate the outcome of an act. Some people are born with more pleasant traits than others. Some people possess a good temperament while others may be not as naturally kind and sweet. Sometimes one's emotional tendencies are at odds with one another. These conflicting forces can burst forth in destruction if not restrained by the power of the intellect. The forces of a man's soul can be mastered and transformed. Through study and the force of habit, a person can actually transform his nature.

Constant vigilance is the cure for the downward thought cycle that comes from the negative impulse. When negativity comes at you with false assumptions, your job is to identify it, label it, and slip away from its grasp.

The Spiritual Reasons to Pause

Train yourself to see the positive. When you do achieve this, you will notice that minimal effort is required to maintain it. Why? Achieving these two stages brings spiritual harmony. The inner conflict between the body and the soul is neutralized. You feel good, calm, and at peace.

Spiritual behavior is connecting to your essence and acting according to it in your actions, thoughts and speech. The most important step in achieving your spiritual best is to learn to recognize the negative inclination that steers you down a dark path. Either you wallow in your own obsessive negative thought patterns—towards yourself or others—through judgment or criticism or you transform your thoughts to look for the good.

Through learning how to Pause, to hold your peace, to have a keen sense of discernment and to maintain awareness of not succumbing to negative emotions, you are building your spiritual self-esteem. You are discovering your inner goodness through your conduct.

You cannot change the behavior of others. You can only change yourself.



See the Good in Others

I know I am an optimistic person. That was my family M.O. We were experts at turning the sour bitter lemons into sweet refreshing lemonade. But was I communicating that optimism to the ones I so deeply cared about? Are the people I am rooting for feeling my support, or is my delivery destroying my message? I soon discovered that what my loved ones need is a cheerleader not a coach. Although I sat on the sidelines screaming commands at them, telling them which play to use, I am more effective and needed as a cheerleader. I can stand in the background rooting for my team, letting them know I believe in them and that I am confident in their skills. From the highest-level professional to a young child, everyone needs a cheerleader. I learned how to become encouraging, not bossy

Always be aware of how you are judging the other person. Notice how quickly you label others negatively, and yet you don't want to be labeled negatively yourself. Often in order to get a point across or punish others for their negative behavior, we become judgmental and critical. This is harmful to the person whose behavior we are attempting to correct, and it's harmful to you.

When we find reason to fault another person, we are quick to forget all of their redeeming qualities—just like we do with ourselves. However, if you learn to practice living from your goodness, you will learn to discover a powerful lesson in human relations. Negative labels are destructive to relationships and the human spirit. Take the time to move away from judgments and negative labels.

If you feel that somebody has harmed or insulted you, it is invaluable to make a conscious effort to see the whole picture. We are quick to see all of their negative traits. Instead of narrowing your view to see only their faults, consider all of the person's good points. By actively remembering someone's positive attributes, you will gain a balanced view of him or her and see the flaw in its proper and limited perspective.

Stopping the negative impulse and choosing to see the positive in these situations is an opportunity for us to get to know yourself. Ask yourself: What effect did the interaction have on you? What does that say about what you expect, your values, and your agenda?



The Ripple Effect

How we act affects everyone we come in contact with. Our words carry a tremendous power and responsibility to bring a positive benefit to all our interpersonal relationships. We live in a ripple effect.

The way you treat others is the way you will be treated. If you are able to take the focus off yourself and look at what really happens to when you relate to others, you will find a stunning awakening that can change your life. We are so self-absorbed that we can't even see that we need others to show us how good we really are. We are merely obsessed with how others don't behave according to our agendas, scripts, and dreams.

A photograph of a man and a woman sitting on a wooden bench, viewed from behind. They are looking out over a body of water towards a hilly coastline under a bright, hazy sky. A dog is sitting on the ground in front of the bench. A large, white, torn-edge circular graphic is on the left side of the image, partially covering the text.

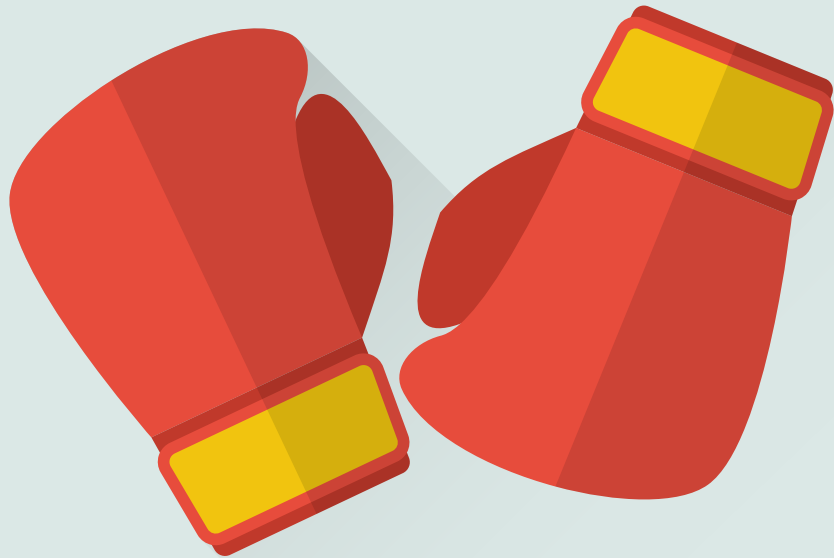
Stopping Negative Speech; Creating Positive Speech

Stopping Negative Speech; Creating Positive Speech

When two people interact in a conflict you want to be heard, convince the other person to see your point of view, change their mind, or prove that you're right. All of these goals are often unsuccessful. You may be an excellent communicator, negotiator, or litigator able to convince someone to change but that's only a temporary adjustment.

Trying to force your ideas on someone else brings more conflict. Most people don't willingly say, "Thanks for the suggestion. That's a great idea. I think I'll try that. I'm going to change." They resist your suggestions and become defensive.

If you're trying to prove that you're right, you're entering a bigger boxing arena. That's usually when your opponent will insist that he is also right. The fight continues until there's a knockout. Both people leave hurt and bruised.



The only option that has any chance of a successful outcome comes from wanting peace. How does that happen? Does it mean you stay quiet and let someone else do whatever someone else wants? No! It means that you Pause so your impulsive emotional negative reaction doesn't make your life more difficult. It means that you can revisit the situation when your emotional response is based on intelligent thinking and not simply an emotional outburst.

Pause before you speak and think of how it would feel to be the recipient of the words you want to say.

Ask yourself:

1. What do I want to accomplish with what I am about to say?
2. Am I choosing the most effective words, tone, and time to communicate my message?
3. Is this the right time for other person too?
4. How would I feel if someone said this to me?
5. Do I think this will produce the positive outcome I desire?
6. What do I want the outcome to be?



Once you've Paused, you can respond. As you do, maintain awareness that your words have tremendous power to love and to hurt. Words deliver the message of the mind. If your thoughts are negative, your words will come from a negative source. If your thoughts are kind, your words will be heart-warming.

To prepare yourself to speak positively, practice thinking of at least 3 positive points in each person you meet. Get in the habit of counting 1,2,3 good points when you are interacting. Train your mind to think positively. The more you build this skill, the happier you will be.



Facing Conflict

One night at a holiday dinner party, something I said caused an emotional explosion from a family member. They screamed, pushed away from the table, slammed the door on the way out, and drove away—all because of something I said. It was deeply disturbing for me, and for the rest of the family at the table. As time passed we all settled down. The only thing that calmed me down and removed my guilty conscience was focusing on what the other person was going through. Instead of feeling like the victim, the attacked one, all I could see was the pain of the angry person. I no longer felt my own pain. I knew I was hurting, but I did not experience hurt. I just kept thinking about how horrible it must be to feel so furious, to have that rage burning inside. My heart ached with compassion.

I never saw an angry person again. I see people in pain. I see people lashing out at me, knowing that what they are hurting inside more than they hurt me. I feel sad they hurt so much. If I Pause, I am not triggered by their false attacks on me. They do not have the ability to process the event any differently at this time, but someday they will.

Standing by and watching a loved one who is hurting is the challenge of all challenges. However, soon you realize it is the only path to sanity. **(There are limits to this. Abuse of any kind is never acceptable. Seek professional help. Certain relationships may be toxic and harmful to your health and well-being. Those may need to be severed.)**

Remembering that these people were good in the core of their being—they were intelligent, kind, gentle, and sweet—helped me to cope with the pain of the moment, giving me hope for the future, that once again their hidden goodness would ascend to the surface to become visible. This positive vision taught me that I am capable of acting beyond my previous boundaries.

The pain, suffering, and complication of dealing with ADHD (or addiction) is still there—I don't mean to diminish that. But this respect-filled, positive vision transformed my approach to the people around me.

As logical and obvious as it is, it is hard to give up old patterns, even if they are ineffective. Changing the way we see and speak benefits us most when it changes our relationships. Improving the quality of your relationships begins with learning how to manage conflict differently—and peacefully.

When people become involved in a conflict, the focus is only on the fight. People say whatever they want to say without thinking and without pausing, often losing sight of everything else that is important. They become involved in proving points, being right, trying to teach the other person how to behave differently and other goals that become their mission. This does not help your relationship or the quality of your life.

Sometimes you rationalize that it is okay to disgrace a friend because you see little benefit in the friendship or that the person deserves to be reprimanded, but you are mistaken. There may come a time when you need your friend. Each person has value. Maybe that friend was supportive to you when you were hurting or in need of comfort. When you belittle others, you belittle yourself. Personal dignity comes from acting with respect and honor in all situations.

Sometimes, the person who was hurt you lashes back with a response that is even more damaging. When people become triggered, so much more comes to the surface. An emotional trigger button is attached to that person's whole life. There is no separation between the person's past and what's happening now. So you inadvertently attack the person at the core of their being.

If the other person is raging on in a conflict while you stay grounded in the Pause, the angry person will be affected by your calm response. It takes two people to make an argument. You don't have to participate.

Next time you feel an argument ready to appear, Pause. Think about how important it is to have peace in the relationship. What is more important: the fight or the relationship? Proving my point or the person I love? Conflicts can take over and blur your vision, making you blind to the people right in front of you.

When you Pause, you develop emotional x-ray vision. You see beneath the surface of what is actually happening. You see people beyond their behavior.

As you take time away, keep the conflict between the two people involved. Do not create a triangle. Do not add in a third person unless his role is the office manager or mediator. Involving other people causes gossip, contaminates others' thoughts, and creates an even bigger problem.

What is more important: the fight or the relationship?

Facing Conflict:

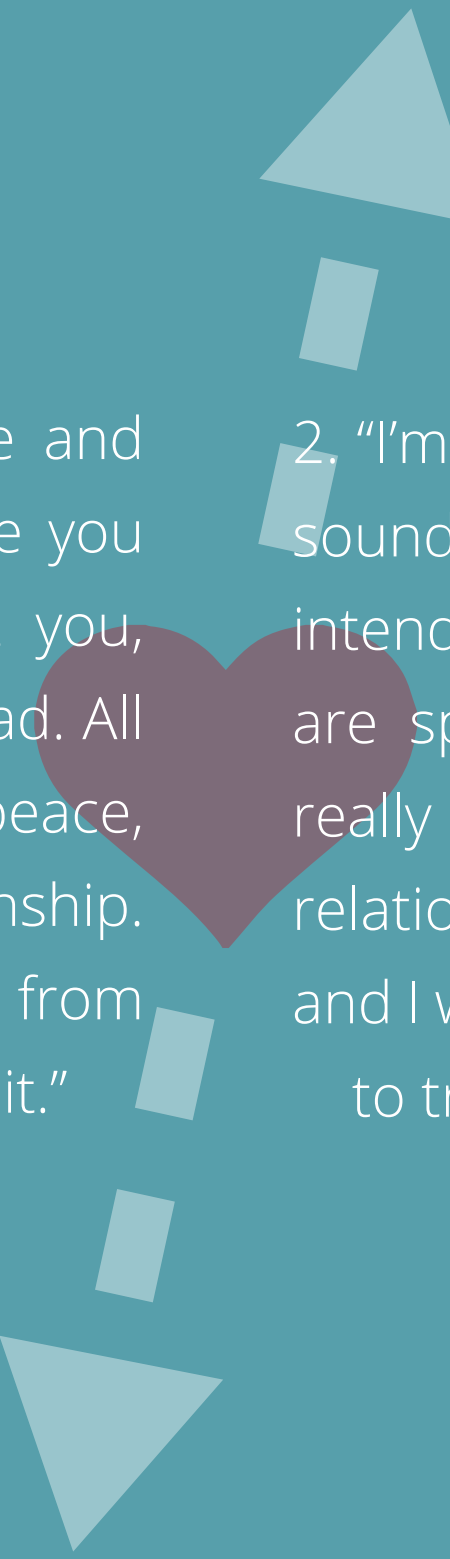
1. Turn to your inner goodness. Practice compassion. The other person has his or her own perspective in the situation that is different than yours. Give them the benefit of the doubt. Realize something is going on in their life that you have no knowledge of and may not ever know what that is. Move away from judgment, criticism, and counterattack.

2. How to say it. When you've moved away from negative thoughts and you feel pure and calm, this is the time to resolve the conflict. There are many factors that are involved in conflict resolution:

- ✓ Check your thoughts to be sure they are not negative.
- ✓ Check your tone of voice. Is it calm yet?
- ✓ Check the volume of your thoughts that will come out in your voice. Keep the volume down.


- ✓ Make sure the time to resolve is right for the other person too.
- ✓ Be other-oriented. Each person has his own side to the story that is different than yours. Not wrong, just different. You are not the expert in another person. You are only the expert in you.
- ✓ Speak from the heart. Keep it simple and concise. Stay away from details and long explanations. Express yourself in simple sentences without excuses. Keep it non-confrontational, non-attacking, and non-accusing. Keep it about yourself and your desire for peace, not your desire to be right.
- ✓ Rehearse what you want to say before you say it.
- ✓ Watch the other person's response as you slowly proceed through the conversation. Are they positively receiving what you are saying?

Here are some examples of ways to speak from the heart when re-visiting a situation to resolve a conflict. It takes a lot of strength to say these sincerely. But when you do, you will discover an inner power you didn't know you had...



1. "You know how much I love and care for you and want to make you happy. I didn't intend to hurt you, neglect you, or make you feel bad. All I want is for us to have peace, harmony, and love in our relationship. If I did anything to take away from that, I sincerely apologize for it."

2. "I'm sure you don't realize how you sound right now. I know you don't intend to hurt me, but the way you are speaking makes me feel bad. I really want to have respect in our relationship. I want to respect you and I want you to respect me. Let's try to treat each other with respect."



3. "I want very much to respect you and have that in our relationship, yet when you talk to me that way it becomes hard to respect you."

4. "I am working very hard to be happy and have peace in my life. Negative comments take me away from that."



Putting it all Together

You now have an option you didn't have before. The Pause presents you with a new path to travel. It's a new way to think, act, and speak. Since old ways are hard to change and new ways are harder to learn, the only way to make this become a part of your life is for you to become it. The Pause has to get into you so that it becomes your first response. If you already made the decision that you want to make it a part of your day, you have accomplished the most important aspect to learning how to Pause—you yearn to learn. The next task is to bring it into your life on a constant basis so that it becomes who you are—how you think, act, and speak—in all situations.

Until now, your emotions have led the way in your responses. Now you're in training to let your intellect take over. But knowledge itself is not enough.

Practice Positive Vision

Positive vision is the backbone of this new approach. The first step in learning positive vision is to start practicing it. Then continue practicing it daily. Like a new muscle that hasn't been used and has atrophied, the way we see others and situations with positive vision also hasn't been used. It's time to start using it. Negative vision people are not happy people. Negative vision interferes with your ability to experience true happiness.

Take a moment to make a mental list of how you would like to be treated by others. Free associate and think of these traits.

Think of a time in your life when, in one brief moment, something occurred that changed your life for the better. This is an important event to remember and reflect upon so that you realize it can happen again. Each moment is a new opportunity to a new world. You have a tremendous resource of creativity within you. Be aware that in every second you can recreate your moments. Each moment is a blank canvas waiting to be painted. You decide what you want to create. You choose the colors that you want and envision what you want the finished painting to look like. Every minute is an opportunity to turn your life around.

When you practice this often, the negative vision starts to diminish and it becomes replaced by a positive outlook. It is proof that when you view others through positive vision, you can elevate them, as you elevate yourself. Your words can touch hearts and warm souls. When others see the good in you, you can see the good in yourself. When you see the good in others, it helps them to see the good in themselves. This puts a tremendous value on all of our inter-personal relationships.

Reach out to someone with a kind word. Instead of hurting the people you love most, search for the value, worth, and importance of their presence in your life.

Realize that the louder and harsher you scream, the more damage occurs in your soul. You learn to rise above the impulsive desire to jump in and fight back.

The more you learn to Pause and take time to turn your thoughts to goodness, the more dignified you become, the more happiness and peace you experience in your life.



Here are key ways to refine your actions, thoughts, speech, and relationships in order to begin transforming your life today...

Actions

1. Slow down. Go in slow motion. Multi-tasking causes us to live impulsively. As a result, our mouths are impulsive as well. When you learn to slow down, you will appreciate the calm and clarity that you experience when you do not respond impulsively.

2. Practice every day. Daily learning allows the wisdom to communicate with the subconscious mind. The messages are in the forefront of your mind, available for you to access when necessary.

3. Live with positive infusion. Let all your actions come from your goodness, kindness, compassion, and love. Infuse every aspect of your life with a positive perspective.

Thoughts

1. Take a mental Pause. Pause is an inactive physical state but an active mental state. When you Pause, it is time to improve your thoughts. Even though you are silent or physically distancing yourself, your mind goes into action. Now is the time to access the wisdom. You can only do so if you Pause.

2. Turn to your inner goodness. The way you view the other person (and the whole situation) makes a statement about you! Now is your chance to tap into the goodness that is the essence of your being.

Speech

1. Discover your strength. It's easy to have an outburst of emotion. It takes tremendous strength to Pause. By not reacting, you are discovering a newfound strength within yourself.

2. Discover your dignity. If you react by ranting and raving, you lose your dignity. You lose credibility. You don't appear stable, grounded, or intelligent. Instead you look out of control. Words slip out that you may later regret. Stay dignified, practice the Pause.

3. Improve your self-esteem. How you react while cause you to feel better or worse about yourself. You have greater chances of liking yourself more for a dignified reaction, than for jumping in and losing control.

4. Say something encouraging to someone you've been in conflict with.

Relationships

1. Realize you are only seeing part of the picture.

There's more to the situation than what is on the surface. When you Pause, step back and give the triggered reaction time to dissolve, you will see the person in a more positive light. Give people the benefit of the doubt.

2. Do not focus on the event, insult, or hurt. Keep your thoughts grounded in the bigger picture. Think of how valuable and precious this person is to your life.

Relationships

3. This is not about you. Something is happening with the other person that you cannot see. It appears they are accusing or complaining about you, when the real issue probably has nothing to do with you at all. No one knows what is going on in someone else's thoughts.

4. Become others oriented. Now that you are able to Pause, you are gaining control of yourself, which benefits the situation. Think about the other person. Practice compassion. Be thoughtful and understanding. Even though you do not know what the person you're relating to is experiencing, know that there is something going on unbeknownst to you. Everyone has personal horror stories, emotional baggage, and character traits that cause them to react the way they do.



Celebrate What You've Learned

You have learned to Pause. You know that your initial impulsive reaction is negative and will cause more damage and harm to those that matter most.

You have learned to communicate with respect for another human being, even if you disagree or have been harmed by them.

You have learned to lift a human spirit instead of speaking out with judgment and criticism.

You have learned how to turn our hearts towards our inner goodness and the inner goodness of another.

You have learned to become other-oriented.

You are on the path to mastering your emotions.

Here are three simple ways to live your changed life today...

1. Celebrate your nature. Enjoy your unique qualities. They make you who you are. They set you apart from all others. Instead of judging yourself harshly and beating yourself up for past mistakes, use the wisdom you've gained to improve your life. Elevate yourself to become an even better version of yourself.

2. Celebrate the nature of others. You might think you are the expert in the lives of others, but you are only the expert in yourself. Imagine being in someone else's life for a minute. You wouldn't know what to do. You are unique. With all your character traits, history and personality there is only one you. Be the expert in yourself, not the expert in others.

3. Celebrate your differences. Since person is unique and unable to experience the lives of another human being, no matter how deeply intimate the relationship may be, honor the differences. Uniqueness is what makes this world such a magnificent place to experience. No one is the same. Instead of trying to get others to perform according to your hopes, desires, and dreams celebrate that person's uniqueness.



The Never-Ending Ending

There is no end to this learning process. It continues daily. As you practice, it will become easier and natural, but you must constantly learn it, study it, discuss it, and journal it. As you grow through the process you will learn to interact differently, think differently, and feel differently. However, the negative impulse will never stop trying to sway you to listen to it. People, situations and events are constantly challenging us, trying to pull us away from our best self. You have to work hard to continuously Pause, because that is when you connect to your inner goodness, find peace in your relationships and discover joy in your life. The Pause is the path to a happier life.



PAIISE

by *june*
SILNY