

The background of the entire page is a repeating pattern of stylized leaves. Each leaf is drawn with multiple parallel lines, creating a sense of depth and texture. The leaves are scattered across the page, some pointing upwards, some downwards, and some horizontally. The pattern is consistent and covers the entire area.

# PAUSE

Before You React

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A JOURNALING COMPANION | *kate + ginger*

*kate + ginger*

[www.kateandginger.com](http://www.kateandginger.com)

## *Pause Before You React*

*- A Journaling Companion*

*When emotions rise, your power lies in the pause. Use these journaling prompts to create space, shift perspective, and reclaim your calm before reacting.*

# Section 1: Spot the Reaction

What just happened?

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What am I feeling in my body right now?

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What emotion is taking the lead?

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What thoughts are racing through my head?

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## Section 2: Reflect Instead of React

What do I want to do or say right now?

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If I acted on that impulse, what might happen?

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What do I really need in this moment – comfort, space, to be heard?

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## Section 3: Choose Your Response

What would it look like to respond instead of react?

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What's one small thing I can do to soothe myself right now?

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What's one kind or empowering thing I can tell myself?

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# Closing Reflection:

How do I feel after writing this?

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What can I learn from this experience?

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How can I support myself better next time?

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