

Pause - Check - Choose

Use this brief record when a thought is strongly affecting emotion or action.

PAUSE: What happened? Separate observable facts from the meaning you assigned.

CHECK: What thought or image appeared? What emotion, body response, and urge followed?

CHECK: What supports this interpretation? What information is missing or points elsewhere?

CHOOSE: What balanced statement is accurate enough to use right now?

CHOOSE: What is one safe, values-consistent next action?

Use this page as a conversation and reflection aid. It is not a diagnosis, assessment, safety plan, or substitute for individualized professional care.