

Initials:

Date/Time:

Location:

Context: Personal/Professional
(circle)

The Transitional Pause



Initials:

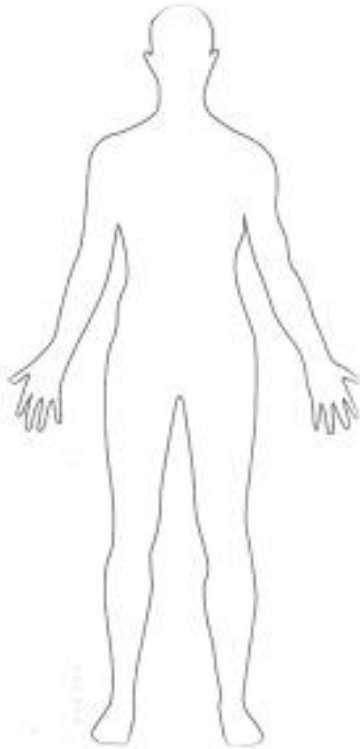
Date/Time:

Location:

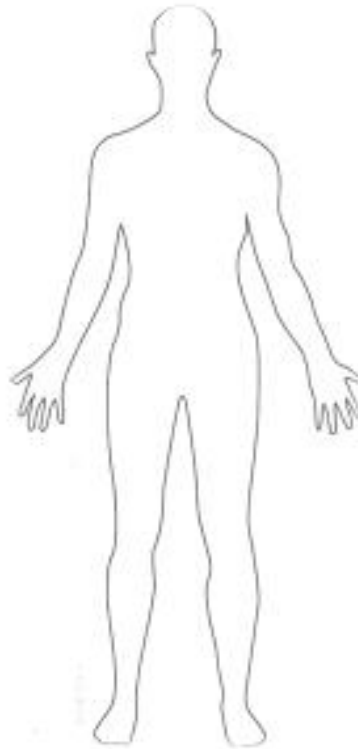
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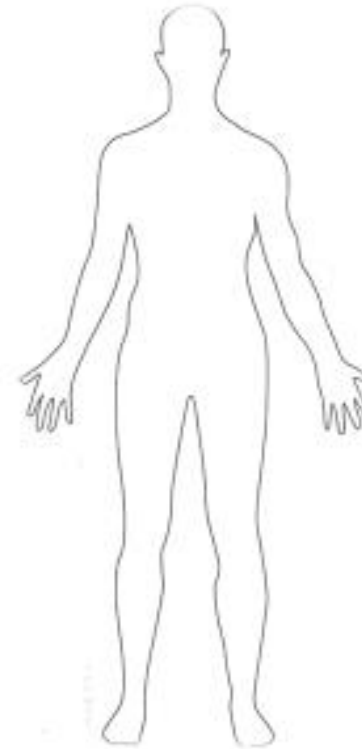
**Where and what sensations do
you notice in your body?***



Past



Now



Future

* If none write N/A

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Remember

- Like developing any skill, some dedication and persistence is required at the start
- Try it in different environments and under different levels of challenge
- Keep trying (even if it doesn't immediately "work")
- It will get easier and, if you practice for thirty days, will become a new habit.
- How will you reward yourself for your efforts to create this new habit?

Try to use once in a personal situation and once in a professional situation. Examples below.

Personal Transitions	Professional Transitions
From work to home/home to work	From your commute into the prison setting
Between activities (chores)	From the team room to the main wing
Before a difficult or challenging conversation	Before supervision
When considering a decision you are stuck with or are procrastinating about	Between administrative tasks (e.g. report writing)
As you go to bed	Before seeing a client