

The Pause Protocol

The pause is the difference between programming and choice.

Core truth

Without the pause, the nervous system collapses into the first available survival response. With the pause, a person can verify the signal before rebroadcasting.

Six steps

1. Pause - do not immediately rebroadcast from threat.
2. Separate signal from story - ask what was actually said.
3. Identify the decoded feeling - ask what your body made it mean.
4. Check the sender's intent - ask whether that was sent or decoded.
5. Clarify the carrier wave - name tone, timing, or delivery without attacking.
6. Repair the signal - try again with cleaner words, tone, and timing.

Practice prompts

What was actually said?

Raw signal only.

What did my nervous system decode?

Meaning, memory, fear, identity, or old label.

What response would create repair instead of escalation?

Write one clean sentence.