

T.A.P. In

Tone *How you sound matters more than what you say*

Reminder: "Calm is felt more than heard."

Awareness *Not every moment is a teaching moment*

Reminder: "I don't need to fix this right now. I'll wait for the moment that feels open."

Presence *Be the safety, not the solution*

Reminder: "My presence is powerful, even when I'm silent."

The Pause Plan

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| 1. Name it: | "We're both overwhelmed right now." |
| 2. Pause it: | "Let's take a moment." |
| 3. Anchor it: | Breathe. Step outside. Touch something grounding.
Come back into your body. |