

The One-Minute Pause

A practice for interrupting the automatic answer.



Some of the choices that cost us most happen quickly.

We agree before checking our capacity.

We apologize before deciding whether we did something wrong.

We send the message while the body is still flooded.

A minute will not answer every question.

It can keep an old pattern from answering first.

Before You Begin

Use this before responding whenever you can.

You can say:

Let me think for a moment.

I will get back to you.

I need a minute.

The pause does not need to be hidden.



Stop the Movement

Put the phone down.

Close your mouth before the automatic yes leaves it.

Let your hands become still.

The first step is simply not continuing at the same speed.

I am allowed to pause.



Check the Body

Notice what happened inside you when the request, message, or question arrived.

Did you tighten?

Lean forward?

Hold your breath?

Feel immediate relief or immediate dread?

Let the body add information.

My body gets a vote.



Choose Later or Choose Now

Ask:

Do I know my answer?

If yes, speak it simply.

If no, protect more time.

A delayed answer is still an answer.

Uncertainty does not require immediate agreement.

I can answer from myself.



Carry It with You

The pause may feel awkward at first.

That awkwardness is often the space where an automatic role used to take over.

Use this before saying yes, before explaining, before replying to something charged, or whenever speed feels more powerful than truth.

Stop.
Check.
Choose.