

# The Pause

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“Spaciousness” is a term used in healthy mindful thinking. Spaciousness is a prerequisite to mindful thinking. A simple way to understand this term is to think of it as putting space between your experience and your reply to that experience.

Because the subconscious brain works at lightning speed, it will provide you with a “reaction” of what that event means based on its old programming before you can make your own conscious thought-out decision. Creating some “space” allows you to give your conscious thinking some time to think and process to create a better response. The tool to create this spaciousness needed for a better response is called “The Pause”.



**Event → thought → feeling → action**

**Event → thought → feeling → (PAUSE) → action**

Using “The Pause” does not inhibit your subconscious brain to produce its automatic feelings, but rather “The Pause” allows you the time to stop and think before you adopt your brain’s assessment and do something you later regret.

For example, your spouse is late for dinner and he doesn’t answer his phone. Your brain starts to spew out reasons why he doesn’t answer his phone. Everything from he’s having an affair to maybe he got in an accident! 40 minutes later he arrives home and you are furious. You let him have it with some harsh words only to find out he was fired today from his job and his phone was dead. He was deeply depressed and now he’s deeply hurt by your harshness.

Or you are at home and see a commercial for food, you say silently to yourself “that looks great” and feel yourself getting hungry. You start thinking about what you have in the kitchen. Now you really want something to eat and find yourself in the kitchen trying to use willpower to eat something “healthy”. The feeling to eat is now so strong, you hear your inner voice justifying the junk food and you find yourself in front of the TV with a bowl of high-calorie, high-carb pleasure.

**“The Pause” allows you to consciously make better decisions BEFORE the feeling gets too strong and controls your actions.**

## Slow down!

Ever meet someone who talks fast, walks fast, thinks fast, drives fast and even writes fast? These folks have fast brains. Somehow our society is moving toward this “the faster the better” mentality. However, when it comes to gaining control of our brain’s automatic guidance of our thinking (mindlessness), fast = failure!

“The Pause” is simply slowing down the time between something happening and what you do. If what you do is making you overweight, then it’s a good idea to slow down and use YOUR conscious thinking to create the response you want to life’s events and circumstances.

*A slower mind that makes wise decisions is better than a fast mind that keeps making poor decisions.*

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### Allows for Reprogramming

By using “The Pause”, you are able to reprogram your brain so the next time something similar happens, your automatic response will change. Because 95% of our life is controlled by our subconscious programming, it should be totally obvious that if you want a different future, then you must have a system of reprogramming your brain to control your life in the direction you WANT it to go.

Without “The Pause”, you’ll just adopt your brain’s programmed belief and thus reinforce it for next time. For example, your spouse comes home late and your brain tells you it’s because he’s selfish and only cares about himself. Your “My Spouse is Selfish” belief is reinforced so any future behavior that could be interpreted as selfish is more likely to be interpreted negatively because of this reinforced belief you hold.

However, by using “The Pause”, you would allow the time to reject your brain’s automatic reaction and perhaps consciously decide to ask him why he’s late and find out a reason that does not reinforce your “My Spouse is Selfish” belief. In fact, his answer might break down this belief! He might have stopped to pick up a card for your birthday and didn’t want to tell you! Using “The Pause” allows you to program new beliefs for a better life!

**If you want a different future, then you must have a system of reprogramming your brain to control your life in the direction you WANT it to go.**

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### **Not easy**

Using “The Pause” is not as easy as it seems. You’ve been told many times “not to jump to conclusions” but we all still do. It’s one of our deepest most powerful habits! Why? Our brains are programmed to work fast and give us powerful emotions that compel us to stay safe and avoid danger. The emotions that get us in trouble are all fear-based. Consider the example of the late husband. All the brain’s scenarios are fear based—from having an affair to being in an accident. It’s never he must have won an award at work or he’s busy getting me a present! The fear-based response for eating after you see a food commercial is the feeling of missing out on something highly pleasurable and/or never having any pleasure in life (feeling deprived).

Fear is a powerful emotion to overcome with conscious control so you have to have a serious tool to break its automatic pattern to be able to use “The Pause”. Otherwise you’ll keep getting overpowered into your old feelings and reactions without being able to pause and chose a better action!

### **Overpower your natural reactions**

To break your brain’s automatic thinking patterns you’ll have to use something that overpowers it—something that draws its attention away and distracts it from its normal destructive path.

This tool is saying the word **“STOP...and think!”** out loud with emotion!

When your brain produces a negative thought about something based on assumptions, you say: “STOP....and think!” out loud. This stops your brain’s automatic thinking and the “...and think” directs your brain to do what you want it to do—think consciously!

**This WORKS! Check it, try it!**



Don't let your brain's shyness keep you from using this tool that will change your feelings and thus change your life! In fact, when you feel shy, use it! Say "STOP....and think"! What the hell am I shy about? When your brain starts to tell you "*you don't need to use that tool, it's silly*" say "STOP....and think!"

## YOUR ASSIGNMENT

By using the "**STOP....and think!**" self-talk it will get your brain trained to use "The Pause" to better respond with what you really want to do. With time, you won't need to use the out loud "STOP....and think!" statements, you'll hear it in your head automatically! You'll program your brain to HELP YOU! BUT, you have to first use it repetitively for that to happen! Commit to start using it every time you feel a negative feeling controlling you!

**"STOP.....and Think!"** Record the automatic thought your brain gave you and then record what better thought you produced using "The Pause" tool. By writing it down you "SEE" the benefits better and thus program your brain to use this tool that will change your life. Do this assignment!

Negative thought my brain was giving me: *I should so find a snack to eat*

It changed to: *I'm going to go ride the bike and watch TV instead.*

Negative thought my brain was giving me:

It changed to:

Negative thought my brain was giving me:

It changed to:

Negative thought my brain was giving me:

It changed to:

Negative thought my brain was giving me:

It changed to:

Negative thought my brain was giving me:

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