

Pause, Powerful Words and Prayer

Choose Powerful Words

Disempowering Words	Replace With
Should	What would it take to?
Can't	I'm looking for ways to solve....
Hopefully	I'm intending that...
But	And
"Do my best"	I will...
Either/ Or	What would it take to have both?
Trying to figure out	I'm open to solutions to....
Maybe	My intention is...

Practice the Pause:

Pause before judging. Pause before assuming. Pause before accusing. Pause when you are about to react harshly and you'll avoid doing or saying things you later regret.

- Pause when an upsetting situation happens
- Pause when a life-changing event happens
- Pause when an unexpected situation happens
- Pause when you have the thoughts
- Pause before you respond

Questions to think while in the pause:

- What is happening in this situation?
- What feelings am I having?
- What is happening in my body right now?
- What do I want to have happen in this situation?
- How can I behave in a way to encourage that to happen?

Prayer

"I admit that I don't have the power to solve this myself. Only a power greater than myself can restore my health and my sanity. I surrender life and self to a Higher Source, as I understand the most higher source for me. I am willing to treat all of life, including myself with compassion and kindness. I am willing to ask forgiveness for all the times I treated others or myself unkindly.

I am willing to admit to all acts that were motivated by guilt, apathy, grief, fear, anger and pride. I am willing to ask forgiveness for these acts. I humbly bow before my Higher Source and ask for help. I thank this higher power that lives within me, for showing me that help is already underway. Amen "

-Levels of Energy by Frederick Dodson