

Exercise: Pause & Reset Agreement

This exercise is designed to help couples or partners create a shared plan for de-escalating conflict. When tensions rise, having a mutual agreement in place supports emotional regulation, safety, and respectful reconnection.

Complete Together:

- Our agreed code word to pause a conversation: _____
- When one of us says it, we will pause for: _____ minutes / _____ hours

During the break, we can: (*circle all that apply*)

- Breathe | Journal | Take a walk | Empty chair technique | Listen to music | Write feelings
- Other: _____

After the break: (*we agree to return and say*)

- “Would now be okay to check in?”
- “I’m in a good space, let me know if you need more time.”
- “No rush, I’m here when you’re ready.”
- “I’d like to reconnect—are you open to that right now?”
- “Would now be okay to check in?”
- Other: _____

Optional Add-On Commitment:

Write a shared intention, or something silly works just as well:

- “Pinky-promise that we’ll pause to reset, reflect and return more grounded.”