

P.A.U.S.E

P

• **Pause** (before reacting)

A

• **Acknowledge** the harm as occurred; **Accept** your role in the cause + repair of the event

U

• **Understand** where the harm occurred (explore how & why)

S

• **Self-Reflection** (emotions/reaction) with **Self-Kindness** (get support)

E

• **Embrace & Explore** how to be part of the change & healing

PAUSE: A model for operating with cultural humility in social justice reform