

Conflict Pause & Reset

Quick Calm Sheet for Moms Who Want to Reset, Not Regret

1. Pause Script (Say This When Emotions Rise)

"Hey, I care about us. Let's take a break and talk in a bit when we're both calmer."
Feel free to tweak it to your voice—but keep it kind and clear.

2. Mini Reset from the Article

A moment to reconnect with yourself before re-engaging.

Step away quietly. You're not ignoring the issue—you're honoring your emotions.

Put your hand on your chest. Feel your heartbeat. Remind yourself:

"I want to live this life with him. The decision is in my hands—either to solve this with love or to fuel the chaos."

One grounding thought: "We're on the same team."

3. 3 Things I Love About Him

(Tap into gratitude to soften your heart)

1.

2.

3.

4. What Triggered This Moment?

(Take a breath. Then be honest with yourself.)

What set me off:

Next time, I could:

momscozycorner

*better
together*

