068 The Pause Principle

Perspective Fieldbook · https://kb.jeffreysummers.com/docs/068-the-pause-principle-2/

The Demand

Before your next decision — any decision, large or small — name the pause out loud or in writing. Not what you will do. What you are pausing on. The act of naming it forces the pre-thinking phase to run. Do that once tomorrow with full intention and you will feel the difference between a decision you made and a reaction you narrated.

The Work

Rate how consistently you run each phase of the Pause Principle:

Pre-thinking pause (stop before deciding what the input means):

☐ Never — I respond the moment something happens

☐ Sometimes — when the stakes are obvious

☐ Usually — unless I'm under pressure

☐ Always — this is a discipline I run

Pre-action pause (check whether the action reflects the thinking):

☐ Never — I move when I decide

☐ Sometimes — on big decisions

☐ Usually — unless I'm rushed

☐ Always — I verify before I execute

Post-action pause (examine what the action actually produced):

☐ Never — I'm already on to the next thing

☐ Sometimes — when something goes wrong

☐ Usually — at period end

☐ Always — per action, per period, annually

The last significant decision I made without running the pre-thinking pause:

What emotion was actually driving that response:

The decision I am currently circling that needs a full three-phase run:

What the post-action pause from last period revealed about my thinking: