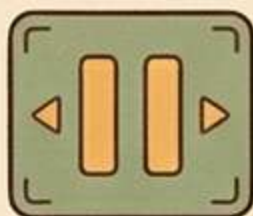


FEELINGS PAUSE: STOP, NOTICE, CHOOSE



A GAP BETWEEN FEELING & REACTION:

The goal is smaller than “making it disappear”. Just add a Pause.



1. PAUSE (STOP)

Screen Pause!
A game freezes.
Stop smashing
the same button.
STOP.

2. NOTICE (NOTICE)

**Check what's
happening.**
Hot face? Clenched fists?
What's your body doing?



3. CHOOSE (CHOOSE)



Steps away



calm space

**Decide the
next move.**

Choose.

talk
later?

