



## PAUSE Challenge for the Week:

In each Challenge For The Week you will see a Challenge and a Change Factor (an extra action step to take in order to help you learn the new principle!)

### 1. This week's Challenge:

**First, choose someone to work with this week on the PLEDGEtalk principles.** We will call this your One Person To Value, or "OPV." It could be your spouse, or a child; it could also be a friend or co-worker. Each week you will be asked to practice with that person one or more of the 6 principles of PLEDGEtalk. *This means you must be in regular contact with that person.*

**The Challenge:** today, and every day this week with everyone in all conversations and particularly your One Person To Value, practice pausing in the following ways:

- Pause before you speak with them. *Think about how you value that person.* You do not want to speak words that hurt, but words that encourage. If in a conflict with that person, Pause to let your emotions dial down. If need be, temporarily walk away, telling them you want time to cool down.
- Commit to not interrupting people all week long and when you catch yourself doing it, stop (pause) and apologize for having interrupted them. Then explain to them that you have made a commitment to stop interrupting people when you talk to them.

### 2. The Change Factor: *teaching what you have learned.*

You want to grow or you wouldn't have signed up for this course. I want to see you grow or I wouldn't have created this course. Numerous factors are involved in lasting change. To help with the change, each week I am going to ask you to take one final action--it will be a Change Factor.

**The Change Factor for the step of Pause:** This week, share with two people that you are taking a Class where you will be practicing 6 principles this week to better your communication skills and learn how to resolve conflict. Explain the Pause principle to them and why it is so important. You

will in essence, be teaching what you have learned. *Teaching others is a Change Factor!*

### **Today's action steps (Summary):**

1. Choose your One Person to Value (your OPV), someone with whom you will practice the PLEDGEtalk principles over the next 8 weeks.
2. Every day this week, in all conversations and particularly with your OPV, practice pausing to think about your words, to not interrupt, and to dial down when in conflict.
3. Tell two people you are taking a class on PLEDGEtalk and explain the Pause step. Tell them that is your homework.
4. Print off your OPV worksheet. Keep available to chart your progress for the next 8 weeks. By week's end, fill out the answers to the Pause step. [Here is a link to the PDF.](#)

Remember this is a step-by-step process. In 8 weeks you will be well on your way to knowing what to do and practicing what to say the next time you are caught up in a conversation or conflict, when communication REALLY matters!!!