

THE BIG TALK AT THE TABLE PODCAST

PAUSE AT THE TABLE

*A truth-first reflection guide for the moments
when your emotions get loud*

THE FRAMEWORK

The emotion is real. The story may not be. Truth deserves the final word.

When something hits a nerve, your mind can turn one feeling into a whole future before you have even taken a breath. This guide gives you a seat at the table with your emotions—without handing them the microphone.

Use it after a hard conversation, before a big decision, or anytime the story in your head starts sounding more certain than the facts.

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BEFORE YOU BEGIN

Take Your Seat

You do not have to solve everything in this moment. You only have to slow the story down long enough to hear the truth.

A 60-SECOND PAUSE

Put both feet on the floor. Unclench your jaw. Take one slow breath in, then a longer breath out. Ask yourself: What do I know right now—and what am I assuming?

What happened?

Describe the moment using only observable facts. Leave motives and predictions out for now.

Type here or write by hand...

What feels most urgent right now?

Name the part that makes you want to react, fix, flee, explain, or shut down.

Type here or write by hand...

My intensity right now:

1	2	3	4	5	6	7	8	9	10
steady							overwhelming		

PAUSE 1 OF 4

Tell the Truth

Start here before you make a decision.

What am I feeling?

Name the emotion as specifically as you can: disappointed, embarrassed, afraid, rejected, angry, lonely, relieved, hopeful.

Type here or write by hand...

What story am I telling myself because of this feeling?

Listen for absolute words such as always, never, everyone, no one, ruined, or impossible.

Type here or write by hand...

What conclusion am I reaching because of that story?

What have you already decided this moment means about you, someone else, or what happens next?

Type here or write by hand...

REMEMBER

The feeling is real. The story needs to be examined. The conclusion is a choice.

PAUSE 2 OF 4

Lead with Love

Love tells the truth without turning pain into identity.

Love is not pretending the hurt did not happen. It is refusing to use that hurt as evidence that you are unworthy, unwanted, or without options.

What would love say that is also true?

Write the kindest honest sentence—not the nicest sentence and not the sentence that excuses harmful behavior.

Type here or write by hand...

What boundary, truth, or compassion belongs here?

Love can sound like grace. It can also sound like no, enough, I need time, or this is not mine to carry.

Type here or write by hand...

LOVE CHECK

Does this response tell the truth without shame? Does it protect dignity—mine and theirs? Does it keep pain from becoming identity?

PAUSE 3 OF 4

Choose Your Higher Purpose

Let your values lead when your strongest emotion wants the wheel.

What response moves me toward the woman God created me to become?

Think about who you want to be in this moment—not merely how you want this moment to feel.

Type here or write by hand...

Which values do I want my response to reflect?

- Courage
- Peace
- Honesty
- Compassion
- Self-respect
- Faith
- Patience
- Responsibility

One response that honors those values is...

Type here or write by hand...

PURPOSE CHECK

Will I be proud of how I handled this when the emotion is no longer in charge?

PAUSE 4 OF 4

Open to Infinite Possibilities

An intense emotion can narrow your view. Truth opens it again.

What possibility can I not see because this emotion is so loud?

Do not force a positive ending. Look for another explanation, another choice, another resource, or another next step.

Type here or write by hand...

What else could be true?

List at least three possibilities—even if you do not fully believe them yet.

Type here or write by hand...

What is one small action I can take without needing the whole answer?

Type here or write by hand...

POSSIBILITY CHECK

You do not need certainty to take the next honest step.

BRING IT BACK TO THE TABLE

Truth Gets the Final Word

Now that the emotion has had a voice—but not the final vote—write the truth you are choosing to carry forward.

The feeling I can honor is...

Type here or write by hand...

The story I am willing to question is...

Type here or write by hand...

The truth I choose is...

Type here or write by hand...

My next right step is...

Type here or write by hand...

Before I act, my intensity is now:

1 2 3 4 5 6 7 8 9 10

CLOSING REMINDER

Feel it. Tell the truth about it. Lead with love. Choose purpose. Stay open to possibility.
Do not let one emotion write a chapter God never authored.

SAVE THIS PAGE

The Pause at the Table Questions

Use these six questions whenever you need to slow down a reaction and come back to truth.

1 What am I feeling?

2 What story am I telling myself?

3 What conclusion am I reaching?

4 What would love say that is also true?

5 What response moves me toward the woman God created me to become?

6 What possibility can I not see because this emotion is so loud?

THE EMOTION IS REAL. THE STORY MAY NOT BE. TRUTH DESERVES THE FINAL WORD.

Keep this page nearby, share it with someone who needs a pause, and listen to Big Talk at the Table wherever you get your podcasts.

And remember: You Got This.