

# TWO-STEP PROCESS TO *Mastering the Power Pause*

## CHEAT SHEET

### *Step 1 - Raise Awareness*

When you're around people you don't know well, do you feel compelled to talk to ward off silence? How about when you're alone with your boss or someone else who has power over you? Do you feel a need to fill the space in the conversation?

Let's analyze what happens when we fill a pregnant pause. You might say things you may not mean or agree to things you might not want to do in service of avoiding being uncomfortable. When we speak from this place of fear it undermines our power. So the question is: How do you get comfortable with that pause? The first step is gaining awareness of your tendencies and then changing your mind about it. Realizing that you are not 100% responsible for what happens in any conversation will alleviate some anxiety. Conversing is a two person activity with each party being 50% responsible for how it transpires.

### *Step 2 - Look at Boundaries*

Feeling overly responsible for a conversation is similar to feeling overly responsible in relationships. Healthy boundaries indicate that you know what's your responsibility and what's the other person's. Codependents rarely make great conversationalists because they are too busy worrying about how what they are saying might be making you feel, rather than being powerfully dialed into their own thoughts and feelings.

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## TIPS TO EXPERIMENT WITH THIS WEEK:

- Try to resist filling any pregnant pauses you happen upon for the next 48 hours.
- Then, write down all of the situations that you found yourself in and where you felt compelled fill the silence. What I want you to do is raise your awareness about what or who inspires this behavior. Much of the time, this is an ingrained and automatic way of responding so awareness is the key to stopping it.
- Take a step back and take a minute to allow for self observation in the conversation.
- Get dialed into your body because if you pay attention, your body will always give you physical signs when you begin to feel anxious or uncomfortable.

The more you observe, the more you will be able to pinpoint what specific people or situations kick up the need to build a wall of words. Mastering this will put you on the path to become a powerful conversationalist and speaker plus it can create opportunities for you to really get to know the people you're conversing with.

