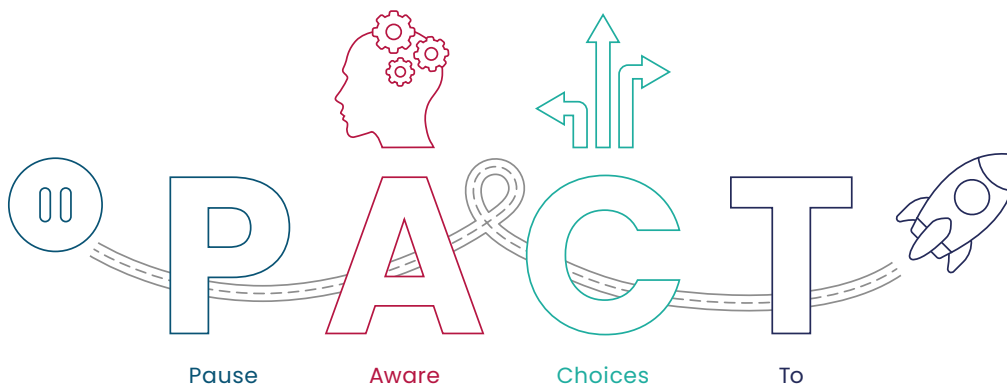




P.A.C.T. – How to Regain Your Power Quickly



What It Is

P.A.C.T. is a four-step process designed to help you understand your options for responding to an uncomfortable and/or disempowering situation. The process enables you to consider all of your options quickly, allowing you to take intentional action. Using a simple four-letter acronym, you can make a pact to yourself to move yourself from your discomfort and into a more positive and productive place.

How It Works

Once you realize you are out of your power, your center, and unable to being objective, you've probably been emotionally hijacked. You may find yourself feeling irate, angry, sad = something other than being calm, happy and in flow - this is the time to use this four-step process.

STEP 1

PAUSE as soon as you realize you are not in a great place. Give yourself a time out - go take a quick walk, take three deep breaths, go to the bathroom (amazing insight comes in this particular spot!)

STEP 2

Become **AWARE** of the feeling that you are experiencing in this moment and notice what is happening to you. Example: Your blood pressure has risen; you've lost your cool; you're feeling grief or despair.

STEP 3

Understand that you have **CHOICES** to consider and don't need to remain in this under-performing state. Quickly identify at least three options - do not stop at only two. Two choices puts you in a dilemma mode of "either/or", which reduces the world into a black and white situation - the exact opposite of what you really need at this moment. The third



Pausing helps you refrain from making a permanent decision based on a temporary emotion.



— Justin Bariso

option is usually a creative approach that you may have not considered previously. At times, you create a hybrid answer. *Note: doing nothing is actually a great option if you choose it consciously. Giving yourself space to breathe and not make a choice or decision, such as not sending that email and waiting those 24 hours, can make all the difference.*

STEP 4

Decide where you are going to move **TO**. Pick one of your choices. Fear and unhappiness stems from not making decisions and moving forward. You need to act.

Use this model in conjunction with the *Quick & Dirty: Triangle of Disempowerment* for the most effective shortcut to move into the observer role.

Source:

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