

STOP, DROP AND ROLL (WITH IT)

When Conflict Drops in Your Lap

STOP

When tensions rise,
PAUSE

Even a small pause can change the whole interaction.

Ways to Pause:

- **Take a deep breath**
- **Step back if needed**
- **Say, "I need a moment"**
- **Let there be silence — it's okay to take space**

Remember: You don't have to respond right away. **YOU** get to choose how you show up.

DROP

After pausing, check in with yourself.

What is really going on under the surface?

Ask Yourself:

- **What am I feeling?**
- **Why is this hitting me the way it is?**
- **What do I need right now to feel okay?**

Hint: You might be feeling hurt, dismissed, frustrated, even scared. That's real. That's valid. Start there.

ROLL (WITH IT)

Ask for what you need:

I need to take a few minutes so I can wrap my head around this.

Get Curious:

Can you say more about what you meant by that?

Ground yourself:

Take a breath. Count to 5 or shake it off. Reset.

Remember: Roll (with it) doesn't mean backing down or letting things slide. It's about trusting yourself and choosing what matters to you.

