

RECOVERY-CENTERED DECISION PAUSE

A Practical Tool for Sustainable Choices

Purpose

This tool supports intentional decision-making when navigating work, entrepreneurship, leadership, or life changes. It centers recovery, capacity, ethics, and sustainability—especially during moments of pressure, urgency, or uncertainty.

Use this pause before saying yes, committing, expanding, or pushing through.

When to Use This Tool

- Before taking on new work or clients
 - When something feels urgent or high-pressure
 - When your capacity feels stretched
 - When values and income feel in tension
 - When you notice guilt, fear, or scarcity driving decisions
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Step 1: Pause

Before responding, acting, or deciding, stop for a moment.

Take one breath.

You do not owe an immediate answer.

Step 2: Capacity Check

Ask yourself honestly:

Do I have the emotional capacity for this right now?

Yes Maybe No

Do I have the mental focus and clarity this requires?

Yes Maybe No

Do I have the physical energy and health capacity for this?

Yes Maybe No

What would I need to give up to make room for this?

Step 3: Recovery Check

Reflect without judgment:

How might this decision impact my recovery or nervous system?

Would this support stability—or add strain?

What support, pacing, or boundary would be required to do this safely?

Step 4: Values Alignment

Ask:

Does this align with my core values in this season of life?

Yes Somewhat No

If not, which value feels compromised?

Am I saying yes from clarity—or from fear, guilt, or scarcity?

Step 5: Ethics & Impact

Slow the decision down and ask:

Who is impacted by this decision (including me)?

Where is power present in this situation?

Would I feel comfortable explaining this decision openly and transparently?

Yes Unsure No

Step 6: Sustainability Check

Look beyond the moment:

Could I maintain this choice for the next 3–6 months?

Yes Maybe No

If my capacity decreased, would this still be manageable?

Yes Maybe No

What would need to change for this to be sustainable?

Step 7: Choose with Integrity

Based on what you've reflected on, choose one:

- Proceed as planned
- Proceed with boundaries or adjustments
- Pause and reassess later
- Say no

My decision:

One boundary or condition that supports this decision:

Closing Reminder

Pausing is not avoidance.

Saying no is not failure.

Choosing sustainability is an ethical and recovery-centered act.

Your recovery, values, and long-term well-being matter more than urgency.