

Roots Healing
Alliance

The Pattern Pause



A 5-Minute Reset for Couples

Most conflict in relationships is not about the moment—it's about the pattern underneath it. This guide helps you slow down, step out of reactivity, and reconnect with intention.

STEP 1: PAUSE THE CYCLE

Take a moment to stop the conversation. Create space before continuing.

- What is happening right now between us?

STEP 2: NAME THE PATTERN

- What does this dynamic feel like?
- Have we been here before?
- What role am I stepping into right now?

Most conflict is a repeated pattern, not a new problem.

STEP 3: GO INWARD (INDIVIDUALLY)

- What am I actually feeling underneath my reaction?
- What feels vulnerable or unspoken?
- What do I need right now?

STEP 4: SHARE DIFFERENTLY

- What's coming up for me is...
- What I need right now is...
- What I'm afraid of in this moment is...

Focus on sharing, not blaming.

STEP 5: RECONNECT

- What would feel supportive right now?
- How can we respond differently than we usually do?

Sit near each other, take one breath together before continuing.

Reflection:

What pattern did we notice?
What felt different this time?
What do we want to be more aware of
moving forward?

