

# R.A.P.I.D. METHOD

## - Pause Before You React

When you feel overwhelmed or emotionally triggered, pause and slow down before reacting.

[www.SocialWorkersToolbox.com](http://www.SocialWorkersToolbox.com)



R

*Relax*

Take a slow breath.  
Allow your body to  
calm before  
responding.



A

*Acknowledge*

Notice what you  
are feeling.  
Name the emotion  
without judging  
yourself.



P

*Pause*

Stop for a moment  
before reacting.  
Give yourself time  
to think.



I

*Investigate*

Ask yourself:

- What just happened?
- Why did this affect me?
- What matters most here?



D

*Decide*

Choose how you  
want to respond.  
Focus on the  
outcome you want.



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