

UNRUFFLE

A simple way to respond to a stressful moment without letting the moment make every decision.

THE GOAL IS NOT TO IGNORE THE PROBLEM.

It is to make enough room to see what happened and choose one useful next step.

01

Pause before responding

If it is safe, give yourself a few seconds. Set your feet down, loosen your shoulders, or step aside. You do not have to solve everything immediately.

TRY: "I need a moment to think."

02

Name only the facts

Describe what you directly saw or heard. Keep interpretations and predictions separate from observable facts.

ASK: "What do I actually know?"

03

Notice the story forming

What are you guessing about intentions, outcomes, or what this means? A guess might be right, but it is still different from a fact.

ASK: "What else could explain this?"

04

Choose the next useful action

Decide whether to address it now, gather information, ask for help, set a boundary, or revisit it later. Pick the smallest helpful response.

ASK: "What needs attention first?"

Safety first: If someone is in immediate danger, follow your safety or emergency procedures.

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A reusable worksheet for a moment that felt frustrating, surprising, tense, or hard to sort through.

DATE / SITUATION: _____

1. What happened?

Only what I saw, heard, or can confirm (no mind-reading).

2. What did I assume?

The meaning, prediction, or intention I may have added.

3. What else might be true?

One alternative explanation or one detail I still need to check.

4. What is within my control?

One action I can take, a question I can ask, or a boundary I can set.

MY NEXT STEP

I will: _____

I can revisit this: _____

Reminder: A calm response can still be clear, firm, and protective.