

## ★ 3) PAUSE–TRANSLATE–RESPOND

These are sets of messages for training the core technique. You can use 4–6 cards depending on time.

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### PTR CARD 1

**Message:** “Why are you ignoring me?”

**TASKS:**

- PAUSE → What emotion arises?
  - TRANSLATE → Neutral description: \_\_\_\_\_
  - RESPOND → Option: clarify / postpone / boundary / ignore
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### PTR CARD 2

**Message:** “Lmao you seriously think this is good?”

- PAUSE →
  - TRANSLATE →
  - RESPOND →
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### PTR CARD 3

**Message:** “Answer me now.”

- PAUSE →
  - TRANSLATE →
  - RESPOND →
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## PTR CARD 4

**Message:** "You're unbelievable... whatever."

- PAUSE →
  - TRANSLATE →
  - RESPOND →
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## PTR CARD 5

**Message:** "Why didn't you like my post?"

- PAUSE →
  - TRANSLATE →
  - RESPOND →
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## PTR CARD 6

**Message:** "Nice job ruining everything."

- PAUSE →
  - TRANSLATE →
  - RESPOND →
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