STOP THE REPLAY

You do not need everyone to agree

A boundary is not a debate you have to win. You do not have to make every person agree with your memory, your limit, or your reason before you are allowed to act.

Keep thy heart with all diligence; for out of it are the issues of life. Proverbs 4:23 KJV

What am I still trying to prove

Whose permission am I waiting for

If no apology ever comes, what remains true

What decision can stand without another argument

Just for fun

Word search. Find the words. No rush.

Z	N	P	A	U	S	E	G
S	U	R	E	P	L	A	Y
W	F	R	E	S	T	K	R
D	L	K	B	T	P	P	W
G	Z	R	M	M	F	N	C
D	E	C	I	D	E	P	H
D	R	C	N	G	W	R	Y
K	E	N	O	U	G	H	E

Find these:

REPLAY
PAUSE
DECIDE
REST
ENOUGH

Circle the one you needed most.

Use it in a sentence about your situation:

Page check: ☐ I showed up ☐ I noticed one thing ☐ I can put it down

STOP THE REPLAY

Put it down for today.

The facts I know

The decision I made

What I will not replay tonight

If I choose to review this again

Date | Time | With whom

My last word on it.

Example: No love lost. Just access denied.

Set a 5-minute timer. Stop when it rings.

- [ ] Done with Stop the Replay.

Down for today counts.

Tonight? Circle one.

Replay it or **Put it down**

Page check: [ ] I showed up [ ] I noticed one thing [ ] I can put it down