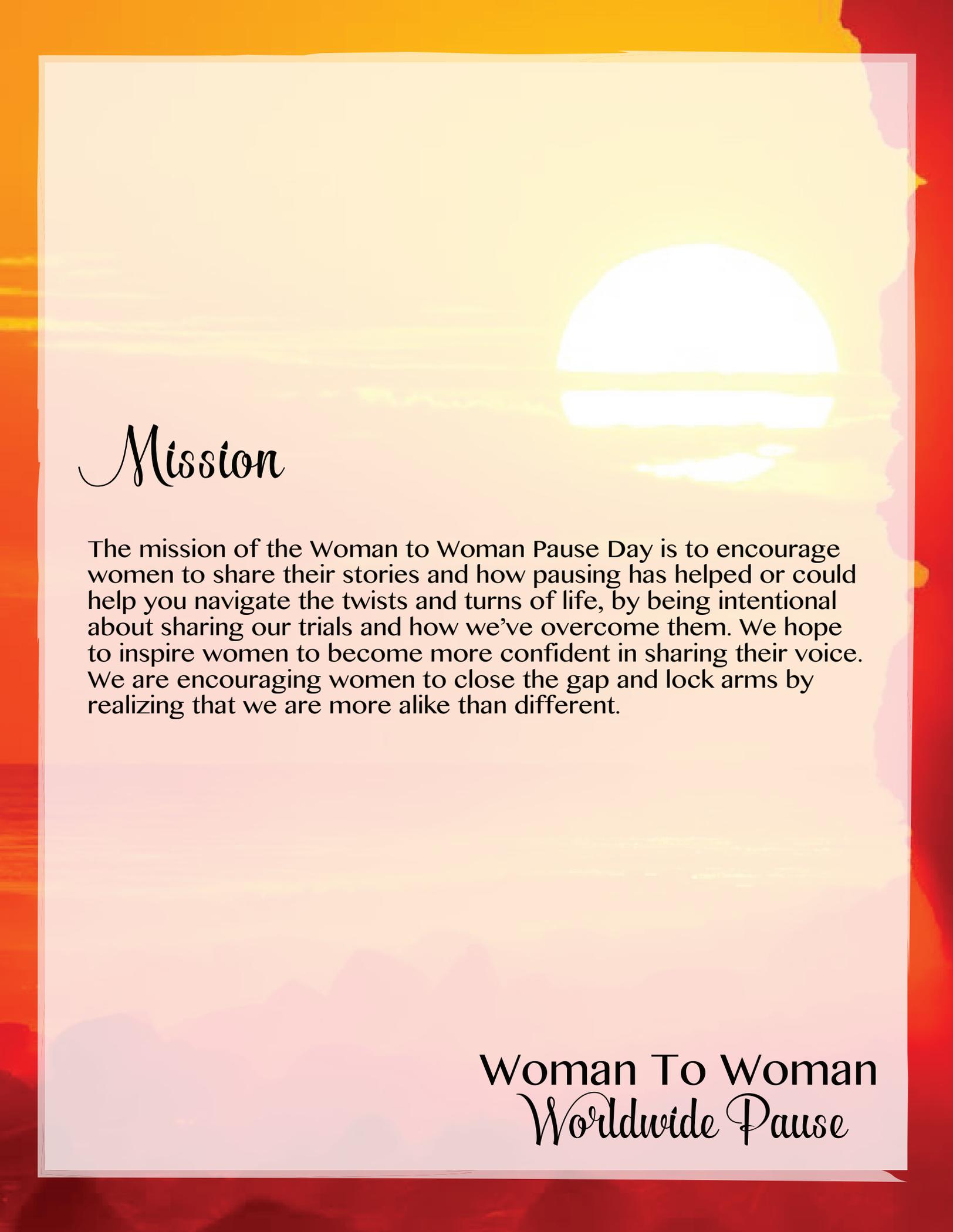




Woman To Woman  
Worldwide Pause

*March 5, 2016*

A sunset scene with a large, bright sun partially obscured by a horizon line, likely representing the ocean. The sky is a mix of yellow, orange, and red, with soft, hazy mountains visible in the background.

# Mission

The mission of the Woman to Woman Pause Day is to encourage women to share their stories and how pausing has helped or could help you navigate the twists and turns of life, by being intentional about sharing our trials and how we've overcome them. We hope to inspire women to become more confident in sharing their voice. We are encouraging women to close the gap and lock arms by realizing that we are more alike than different.

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# Instructions

1. Gather up a circle of women. The group can be as small as 2 or as large as 100. The size of the group is not important.
2. Set aside 20 – 60 minutes to intentionally pause and discuss stories with the intention of connecting through sharing stories.
3. Feel free to use the suggested questions below as a guide. Don't limit yourselves.
4. We encourage you to share at your comfortability level. Please be as transparent and vulnerable as possible to foster more connections.
5. We encourage confidentiality and a circle of trust within your circle of sisters.
6. Should topics outside of your comfort level come up, feel free to use the recommended resources.

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# Pause Discussion Guide

1. Is it a struggle for you to pause? How have you overcome the struggle to pause?
2. When you were at a major crossroad in your journey, was being still during that part of your life help? Why or why not?
3. Do you feel that it is courageous to express vulnerability or do you find it hard? Please explain.
4. Do you have a healthy support system in your circle?
5. How do you define or measure if the relationships you have are healthy?
6. Has there ever been a time in your journey where you didn't feel supported? What resources helped you? Please elaborate.
7. Are there any obstacles that you have overcome that were once hard for you to talk about? What helped you begin to share? Please give advice for other women going through this obstacle.

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# Recommended Resources

1. **United Way**  
Dial 211  
<https://www.unitedway.org/>
2. **Partnership Against Domestic Violence (PADV)**  
GA: 1.800.33-HAVEN (42836)  
National: 800.621.HOPE (4673)  
[www.padv.org](http://www.padv.org)
3. **National Domestic Violence Hotline**  
1- 800-799-SAFE (7233)  
<http://www.thehotline.org/>
4. **Suicide Prevention Hotline**  
1-800-273-TALK (8255)  
<http://www.suicidepreventionlifeline.org/>
5. **Georgia Crisis and Access Hotline**  
1-800-715-4225
6. **National Alliance on Mental Health**  
1- 800-950-NAMI (6264)  
<http://www.nami.org/#>
7. **National Sexual Assault Hotline**  
1- 800-656-HOPE (4673)  
<https://rainn.org/>
8. **Hopeline**  
1-800-442-HOPE (4673)  
[www.hopeline.com](http://www.hopeline.com)
9. **Postpartum Support International**  
1-800-994-4PPD (4773)  
<http://www.postpartum.net/>

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