



SPEAK WITH DARSHANA

The 2-Second Pause Practice *Sheet*

A simple pause technique to sound calmer, clearer, and more in control,
before you even say a word.

1

TECHNIQUE

5

MIN A DAY

DM "SPEAK" FOR ENQUIRIES

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WHY IT WORKS



Why the Pause Works

When you feel put on the spot, in a meeting, on a call, in a tough conversation, your instinct is to fill the silence immediately. That's when filler words, rushed sentences, and mid-thought corrections show up.

A two-second pause interrupts that instinct. It gives your brain time to organise the thought before your mouth starts moving.

To everyone listening, it doesn't read as hesitation. It reads as composure.



When to Use It

- ✓ Before answering a question you weren't expecting
- ✓ Before disagreeing with someone
- ✓ Right after being interrupted
- ✓ Before starting a sentence in a meeting
- ✓ The moment you notice yourself speeding up



How to Practice It

1. Notice the urge to speak instantly

The moment someone finishes talking, or asks you something, notice the pull to respond immediately. That's your cue.

2. Count two full seconds, silently

Not out loud, just a slow one, two in your head. It feels longer to you than it does to anyone listening.

3. Start your sentence deliberately

Begin with a grounding phrase if it helps, such as “Let me think about that for a second,” then continue at your own pace.



Your Practice Worksheet

Fill this in as you notice moments where the pause would help.

SITUATION	WHAT I USUALLY DO	WHAT I'LL TRY INSTEAD
Put on the spot in a meeting	Rush to answer and trail off	Pause two seconds, then answer slowly



THANK YOU FOR READING

Confidence isn't the absence
of nerves.
It's the pause before
you speak.

Practise this for one week. Five minutes of noticing is enough. The pause gets shorter and steadier the more you use it.

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