

# The PEACE Toolkit

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How to Stay Calm in Conflict

## **Welcome to the PEACE Toolkit**

Hi, I'm Shawnnycce Nutt—The Anger Whisperer. This toolkit is your first step toward living a life where anger doesn't control you. Inside, you'll find the exact tools I use with my clients to help them transform conflict into clarity and peace. Whether you're facing anger at work, home, or within yourself—this toolkit is for you.

Let's get started.

## **The PEACE Formula**

P.E.A.C.E. = Pause, Examine, Acknowledge, Choose, Execute

Each step is a key to regaining control when emotions rise.

### **Pause**

Take a breath. Step away mentally or physically. Interrupt the pattern before it takes over.

### **Examine**

Ask yourself: What am I feeling? Why now? What triggered this?

### **Acknowledge**

Own it. Say it out loud or write it down. 'I'm feeling angry because...'

### **Choose**

Decide how you want to respond—not react.

### **Execute**

Take the action that aligns with peace—not punishment.

## Printable Time-Out Sheet

Use this when anger is rising. Print it or fill it digitally.

What happened?

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What am I feeling right now?

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What did I need that I didn't get?

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Which step of PEACE do I need most right now?

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What response will lead to peace?

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## Self-Reflection Journal Prompts

When do I feel most out of control—and what usually triggers it?

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How did my family or environment express anger growing up?

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What would my life feel like if I didn't carry this anger every day?

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Where do I feel anger in my body?

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What does peace look and feel like for me?

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## **The PEACE Agreement**

Use this agreement with a partner, coworker, or loved one to establish ground rules for healthy conflict resolution.

We agree to:

- Speak calmly, even when emotions rise.
- Take time-outs when needed and return to the conversation.
- Own our feelings and avoid blame.
- Focus on solutions, not just problems.
- Commit to returning to peace as our goal.

## Anger Rescue Plan

Create your own emergency protocol for when you're feeling overwhelmed:

My signs that I'm about to explode:

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My go-to calming technique:

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Who I can call/text instead of reacting:

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What I'll do to reset (walk, music, deep breath):

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One sentence that helps me return to peace:

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## **Your Next Step**

Congratulations—you've taken your first step toward mastering peace. If you're ready to take this work deeper, join me for a free discovery call. We'll talk about what anger is costing you—and how to reclaim your power.

Visit <http://www.AngerWhisperer.com> to book your call or check your email for your invitation.