Restarting Guidelines	If you and your partner are stuck in a silent period and cannot seem to progress, actively break your focus by discussing something completely off-topic and unrelated to the issues at hand. This will allow you to tackle the problem with a fresh outlook.	Following this stage, attempt to: - Look back on your last couple of steps and review your previous work; - Identify a fresh start; - Try to think about your end goal when suggesting next steps in order to make progress.	If your partner is attempting to break focus, do not dismiss this. Breaking one's focus using jokes and private conversations can lead to a fresh perspective, which you and your partner may need.	If you are in disagreement with your partner, you may find it helpful to break for lunch/coffee/etc. – during which you should physically walk away from your desk.	Give your partner space to read the code before suggesting next steps.
Planning Guidelines	Suggestions and reviews are both useful states that will allow you to drive your work forward. When in these states, feel free to communicate about a range of things; a potential cycle could be as follows: - Review previous code - Suggest an improvement - Review methods to be changed - Suggest potential impact	At any stage, do not hesitate to ask your partner for clarification about any suggestions that they make, or actions they are working on that you do not necessarily understand.	Think about what your partner is saying and doing. Offering an interpretation of your own understanding of the current state can help move the work forward.	Learning to say I *don't know* or *I don't understand* is critical. Always explain things immediately – try to avoid replying to a question with *you'll see in a while*, as this will distract your partner.	Make a note of previously discussed suggestions and reviews so that similar discussions are not unnecessarily repeated over and over.
Action Guidelines	*(for the driver):* Whilst you are programming or thinking about how to structure your code, try to be more verbal – for example, by muttering whilst you are typing. This tends to help the navigator to know that you are actively working, and have a clear sense of how you are approaching the task at hand. If you verbalise your thoughts, this will help the navigator make informed suggestions based on your current actions.	*(for the navigator):* Whilst the driver is programming, actively look to make suggestions that contribute to the code.	*(for the navigator):* If the driver is muttering, use this opportunity to make sure your suggestions have been properly understood.	*(for the driver):* When silent, it can look as if you are clicking randomly on the screen, which risks your navigator becoming bored and distracted. Voicing your thoughts can help counter this.	*(for the navigator):* Think ahead, since you'll be driving in a short while: what is the current course of action not covering? Is there anything worth verifying that might have been left out?