

HOW TO TAKE A TIME-OUT

If you feel you are losing control, you have the right to a time-out.

BENEFITS:

THE BENEFITS OF A TIME OUT INCLUDE:

- They're talked about ahead of time
- They help avoid a sense of abandonment

HOW TO TAKE A TIME-OUT:

- 1. STOP & CALL A TIME-OUT.** When things are escalating, call a time-out.
- 2. DETERMINE TIME-OUT LENGTH.** Agree on how long the time-out will be. Decide this BEFORE the conflict. **HELPFUL TIP: Don't let your time-out exceed more than 24 hours.**
- 3. WRITE IT DOWN.** What is the problem? (Ex: The trash isn't being taken out.)
 - I feel ____ about _____. (Ex: I feel angry about this person being lazy.)
 - I believe they feel _____. (Ex: I believe they feel like they don't care about my needs.)
 - What are you telling yourself about the situation or this person in this conflict?
(watch out for blaming here)
- 4. USE THE TIME-OUT TO COOL DOWN.** What can I do during this time-out that is self-nurturing and caring?
- 5. COME BACK.** Come back to the situation after you've cooled down.
- 6. TALK.** Talk about what the problem is.
- 7. TAKE RESPONSIBILITY.** Look at your part and offer a solution.
- 8. REPEAT IF NEEDED.** If you can't agree, take another time out or work with a mental health professional.