Time-out rules

When we are feeling our anger raise to a point it will interfere with our communication or calm thinking, taking a time out is a responsible thing to do. Time out does not mean walking out the door and slamming it behind you leaving your partner to wonder if you are coming back and where you are going. There is a specific formula or “rules” for TIME OUT so that the time can be a positive action

**Here are the rules for a healthy productive time out session.**

\*Partner A is feeling a need for time out to cool down, or collect their thoughts says;

“I am beginning to feel I WANT a time out.”

\*Partner B takes a deep breath and discontinues the communication for the moment.

\*An appointment to resume discussion is negotiated. For example “ we will return to try again in ½ hour” or one hour, however long it takes for Partner A to feel they can cool down. Both partners agree what is good timing for them.

\*Both partners separate to another part of the house or one partner goes for a walk or drive.

\*Both partners do something positive and constructive. They explore their part of the dance and watch their self talk around the situation…such as avoid thoughts like “he/she is such a jerk, they NEVER listen” Do not drink or take drugs during this time.

\*At the appointed time both partners return to try again. If one partner says “I don’t want to talk about this now” then DON’T. \*Respect for the other partner is essential. If the fact your partner does not want to talk precepitates anger for you, take another time-out.

\*If when you return one of you is still not ready to discuss this issue. Make an appointment for a later time or date to try again.

Time-outs help to establish trust between the partners. You will learn to trust each other to honor wishes, boundaries, and needs. You will learn to communicate ways to honor differences. You will learn to trust the other to return and try again. You will learn to trust your partner to honor your wishes for space and you will learn to honor theirs.