

TIME OUT PROCEDURE:

Protect the Relationship Toxicity in Three Steps

1. **Call a time-out** if you feel that you **or** your partner are unable to fight fairly due to flooding, defensiveness, confusion, etc. (Use this with your children as well!).

Simply say: "I'm calling a time out."

2. Once the TIME-OUT is called by either party, **BOTH of you are to stop talking** on that subject. The time out may last up to: _____ hours. You should wait a minimum of 30 minutes to lower your heart rate and blood pressure.

(As a couple decide ahead of time your maximum time-out period- 24 hours is recommended)

3. Whoever CALLED the time-out is to then **re-initiate the discussion** (call a time in) within the agreed upon maximum time-out period.

Re-use the time-out as needed...make sure you are slowing down and using the Speaker Listener Dialogue process if you keep having to use the time-out!

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