

Time Out

COOL OFF TO AVOID FLOODING, FIGHTING, & FLYING OFF THE HANDLE

- Commit to a cool-down period, even if you don't feel like it.
- Understand things that lead to overheated situations, & avoid them. Plan for success.
- Either person can call a time out.
- Set a return time. Usually 1-24 hours.
- Cool down during the cool down. Don't think about counter attacks for later. Distract yourself with your personalized list of cool down activities
- Commit to come back together-keep your word. If still flooded with negative emotions, repeat steps.
- Repair damage. Apologize, take responsibility for your part in the fight, show your love in a meaningful way.