

## The Cool Down Contract

During times of conflict escalation, I, \_\_\_\_\_, agree to do the following:

1. *Self-watch.* I will watch for cues that I am building up tension and negativity. List some “cues” of build-up in terms of emotions, behaviors and thoughts:

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2. *Signal.* I will signal my partner with a word, phrase or sign that I am escalating and need to take a time-out. Our signal will be:

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3. *Respond.* If either of us requests a time-out, I will acknowledge that and agree.

4. *Separate.* I will go and cool down. To cool down, I will ...

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5. *Reconnect.* I will return to discuss things when things are calm between us. I will not avoid the discussion if either of us needs to have it. If too difficult, we will discuss it in counseling. I will take responsibility for my part of the conflict.

6. *Additional agreements.* \_\_\_\_\_

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Signature

Date

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Spouse Signature

Date

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Service Provider

Date