

Time Out

I'm Beginning to Feel Angry...

I Want To Take A Time Out.

Leave for an Hour.

Avoid Drink, Drive, Use Drugs, Contact Your Friends

Do Something Physical

Come Back In An Hour—No Sooner—No Later

Check In—Talk about Why You Felt Angry

Or—Say you Still Want More Time Out, Leave For another Hour

Time Out Is No Cop Out!!

Practice Time-Outs With Your Partner/Spouse BEFORE You Choose to Use It!

(Recommended—15 minutes each day)