

Responsibility Plan

- A. My actions are my responsibility, therefore it is no one else's responsibility to help me change my bad behaviors. There will be plenty of people that are willing to help me in my quest to improve myself but i cannot have expectations of what they will do to make that change happen. I must be ready to do the hard work myself regardless of what others say or do.
- B. When i am to angry for hurt to express my emotions i will become short with my answers or not talk at all. I often hide my true feelings and intentionally confuse the other person. I justify my behavior by telling myself they hurt me first or that i don't deserve the way they have treated me. I will tell myself that i should have never trusted this person and that they are like all the others, they don't really care about me.
- C. If i notice myself falling into this old pattern of behavior i will need to first be honest with myself and the other person. I will need to explain that i am feeling hurt or overwhelmed and as for their understanding while i take a time out to gather myself and return to the situation prepared to address it openly and honestly. During my time out i would gather my thought and feelings preparing to return to the discussion with my point of view ready to present in a clear and caring manner.
- D. Depending on the complexity of the situation most likely a short 20 to 30 min time out would be sufficient. If the situation was more complex it might take till the next day to revisit the discussion. Being sure not to try to come up with way to win the argument, it will not be productive to try and think of a defense for my argument and try to poke holes in their point of view. This will only cause further conflict.
- E. If you overuse time out's or only implement them when you are losing the argument instead of when they are needed they will start to be used as a control mechanism. This is not the goal of time outs it's not about winning or losing but about being open to whatever the truly best solution is.