

HW Handout: Time-Out Plan

- I will use this time-out plan to *prevent* my acting in an unworkable way
 - I will not use time-outs as an *excuse* to get out of the house for a while and do what I want to do
 - I will not use any *alcohol* or *illegal drugs* when I take a time-out
 - I will not blame my partner for my taking the time-out.
 - When I return to my partner after taking a time-out, I will be *calm* and *relaxed* - I will ask my partner *when* we can further discuss the issue and not demand that we discuss it right away
1. I will discuss my time-out plan with my partner by _____. I will explain that the time-out is to help me control my behavior and prevent me from being abusive in any way. I will also let my partner know that my time-out will last no longer than _____ minutes
 2. These are my 'anger cues' that tell me I'm getting angry enough to be abusive (what I feel, do, think):
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 3. When I leave, I do it in a respectful way. I will not yell, kick anything, knock anything over or slam the door.
 4. This is where I will go to take a time-out: (list 3 options):
 - a) _____
 - b) _____
 - c) _____
 5. This is what I will do when I am in my time-out (correspond with each option in #4):
 - a) _____
 - b) _____
 - c) _____
 6. To calm myself down, I will notice my mental experiences and 5 senses experiences and write them down. (5 Senses: what I can hear, see, smell, taste, touch – Mental Experiences: emotions, feelings, thoughts, judgments, perceptions, urges, etc.)

When I return, I will respectfully ask my partner when we can discuss the issue we were talking about. I will not demand that my partner listen and I will respect if he/she wants to discuss it at a later time. If we were not discussing an issue, I will respectfully explain the reason I took the time-out.