

TIME OUT!!

Sometimes what begins as the intent to *share, discuss, and problem solve* can become especially heated and head out of control in a matter of seconds!!

First skill to learn is to **notice** and become aware when your emotional state becomes very intense and upset - *when your emotional state begins to shove your reason into the back seat!*

When you notice this - it is time to take a **time-out!!** It is OK to express, "Lets stop right now, I need to take a time-out, because I feel we are on the verge of destruction - and I don't want this."

When you do take a time-out, you also need to be responsible to come back and finish the discussion instead of leaving your mate hanging. If you are not able to come back in a while, set a time and date with your mate to finish.