

## TIME-OUT TECHNIQUE FOR COUPLES

One basic communication skill couples can learn is an effective time-out technique, where the couple agrees to remove themselves from situations that trigger anger – and take an *effective* Time Out.

### *SAMPLE RULES FOR TIME-OUTS:*

- ▶ Have an agreed-upon signal (like a “T”)
- ▶ Know where you going (i.e. what room) & for how long
- ▶ (agree what time to re-convene)
- ▶ Don't leave the premises unless it's necessary
- ▶ Don't call others to ask for their input
- ▶ Don't use mood-altering substances
- ▶ Don't get caught up in checking emails or looking at Facebook
- ▶ Don't play video games
- ▶ Don't go to sleep
- ▶ Use the time *effectively* to determine what you were trying to say (and how you want to say it); write down some points you want to make
- ▶ Return and finish your discussion (on time)