

# Family Time-Out Agreement

During times of conflict escalation, I agree to do the following:

1. Self-Watch: We will pay attention to the changes that occur in our thinking, acting, and feeling that will cue our anger or anxiety is entering “the danger zone” (flooding/overwhelm). My cues are:

a. Acting: \_\_\_\_\_

b. Thinking: \_\_\_\_\_

c. Feeling: \_\_\_\_\_

2. Signaling: I will at that time, immediately give the agreed upon neutral, non-blaming time out signal.

3. Acknowledging: If any family member signals a time-out, we will immediately acknowledge that by calmly returning the signal.

4. Detaching: We will then, immediately and quietly, go to our neutral corner/agreed upon locations and cool down (take a walk, cold shower, breathe, journal, etc.) for 30-60 minutes.

5. Returning: We will return to the discussion after 30-60 minutes and will be ready to talk about our own part in the conflict, and how we can all move forward.

Signatures:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_