

# Sensible and Simple Time Outs

**Aims:**

- To help you practise time out skills, to stop a situation getting out of control.
- To identify the barriers to a successful time out.

## Sensible and simple time outs

### DOs

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### DON'Ts

#### What to say

- I'm getting a bit worked up
- I need to take a break
- We're not going to work this out when we are both going at it
- Let's talk it through again when we are a bit calmer
- Let's give it an hour and try again, what do you think?

#### What NOT to say

- You're giving me the shits!
- I've had enough of your crap!
- I'm going to the pub
- You can go and get stuffed!
- This was a stupid idea
- I'll be back when I'm damn good and ready
- I don't care

#### What to do

- Notice the tension early
- Stay calm
- Keep your hands in your pocket or by your side
- Keep an even voice
- Breathe!
- Say what you intend to do
- Physically remove yourself from the situation
- Turn up when you said you would
- Do something positive to calm yourself
- If still angry, say so and make another time

#### What NOT to do

- Wait till you're fuming
- Stay and argue more!
- Slam doors
- Storm off in a huff
- Yell and scream
- Point or poke
- Push, shove or hit
- Say nothing at all
- Drink alcohol
- Take drugs
- Speed off in a car or motorbike
- See anyone who will wind you up
- Disappear for days on end