

Time Out Agreement

This is a formal "Time Out" contract. Choose the signal you and your partner want to use and write it in. Then sign and co-sign the agreement with your partner.

Purpose:

To stop destructive behavior

To build a safe and secure connection

Terms:

1. The Signal is (choose your signal, "Break," "Time Out," "Pause" or something else that will be your signal for a time out.): _____
2. It is absolute. When time out is called everyone must stop. I will stop.
3. My job is to say the Signal ASAP – as soon as I feel any activation.
4. Whoever signals, they propose a time to continue later (if appropriate).
5. Use time outs to slow things down as needed to resource or calm self.
6. Time outs should be for 1 to 24 hours. We do not need to leave each other's presence. We can stay in the same room, just don't talk about the triggering issue or any other tender subject (for at least 45 minutes). We are giving time for our body chemicals to settle down, so we can be loving adults again.
7. I will return to the topic when I am calmed down and resourced* (and I will get resourced so I can do this.)

Signed:

Date: _____

*Resourced: getting resourced means doing things for yourself that calm you down and help you feel centered and grounded. Being resourced means feeling calm, centered and grounded.

From John Michael Grey, SoulmateOracle.com.

Modified 2013 - Lauren Darges, [Couple's Coaching](http://Couple'sCoaching.com), HealingAndTransformation.com