



## **Time out Strategy for Couples**

### **Cool down to avoid flooding, fighting & flying off the handle**

1. Commit to a cool down period, even if you don't feel like it.
2. Understand things that lead to overheated situations, and avoid them. Plan for success.
3. Either person can call a time out
4. Set a return time. Generally 1-24 hours.
5. Cool down during the cool down. Don't think about counter-attacks for later. Distract yourself with your personalized list of cool down activities.
6. Commit to come back together—keep your word. If still flooded with negative emotions, repeat steps.
7. Repair damage. Apologize, take responsibility for your part in the fight, show your love in a meaningful way.