

# Time Out Tools

Time Outs are an opportunity for me to stop, to breathe, and to engage in activity that will help me calm so that I may express myself more effectively.

I can practice at least one of these grounding techniques:

Stretch

Clench and release my fists

Go for a walk

Focus on my breathing (in for 5, hold for 5, out for 5)

Say kind statements to myself

(ex. I am having a tough moment. I will get through this.)

I can take a Self Compassion Pause

Pause for a moment and focus on your breathing as you inhale and exhale.

Next, place your hands on your body – reminding yourself that while this is a difficult moment, suffering is a part of life.

Repeat a soothing phrase that is personal and meaningful to you.

Ex. “My thoughts and feelings are valid, even when others don't understand them.”

I can reframe my thoughts  
(and feelings) about this time out.

I will be better able to communicate the thoughts and feelings that are important to me.

I am shifting my momentum in ways that I will feel good about.

My partner will be more willing and able to listen to what I have to say.