My Time Out Protocol

Time What phrase will I use to call time out? Out Vent/Soothe Pause What can I do to vent/soothe? Stay **Identify Emotions** Aware What steps will I take to understand my emotions? **Identify Needs** What steps will I take to understand my needs? Meet Needs

How do I know when I can't share or listen?

How do I know when I can share but struggle to listen?

How do I know when I can share and listen?

What steps can I take to reconnect?

NorthS*ar

Relational Consultants

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