

My Time Out Worksheet

What phrase did I use to call time out?

Vent/Soothe
What did I do to vent/soothe?

Identify Emotions
What emotions am I feeling?

Identify Needs
What are my needs?

Meet Needs
How can I meet my needs?

Time Out
What made me know that I needed to call a time out?

Pause
What triggered me?

Stay Aware
How did I know I first started getting triggered?

What steps will I take to reconnect?

NorthStar

Relational
Consultants

© 2020 Laney Knowlton. All Rights Reserved.

Knowlton
Counseling