My Time-Out Protocol

What phrase will I use to call time out?

_____

Vent/Soothe

What can I do to vent/soothe?

_____

Identify Emotions

What steps will I take to understand my emotions?

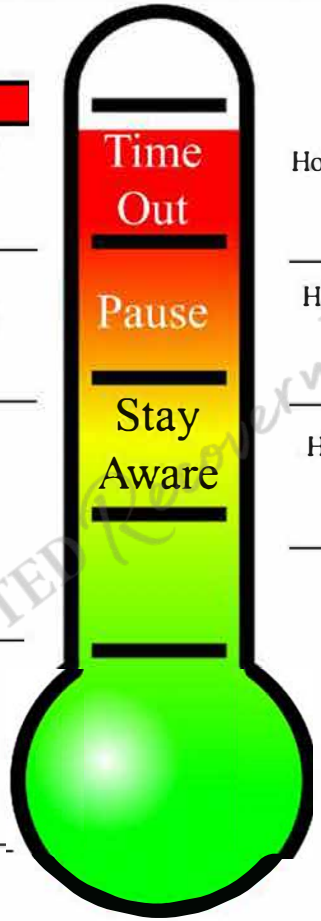
_____

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?

_____

When and how will I reconnect?

- When will I check back in by? _____
- What phrases will I use if I need more time?

  _____
- When will I check back in if I need more time? _____
- How will I share the information from my processing?

  _____

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