

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?
