

TIME-OUT AGREEMENT

Both of us understand the value of taking a time out. Each of us agrees that if we call a time out that we will let our partner know, as best we can estimate, a specific time (e.g., in 20 minutes, an hour, maybe at the end of the day, perhaps the next morning) when we will be ready to reconnect and re-engage the discussion to try and resolve the conflict.

Each of us agrees that we will only use a time-out to avoid escalation and *not* as a means to avoid talking about something that is uncomfortable. Time-outs are not a weapon. They are strictly used for the intended purpose of de-escalation.

We both agree to use time outs in order to reflect and calm ourselves so that we can communicate in a more loving way.

Signature	Date
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