

SKILL: TIME OUT

'I'M BEGINNING TO FEEL ANGRY. I'M GOING TO TAKE A TIME OUT. I'LL BE BACK IN ONE HOUR AND CHECK IN.

YOU THEN LEAVE THE PHYSICAL LOCATION FOR ONE HOUR [NO LONGER, NO SHORTER], YOU DON'T DRIVE OR DRINK OR USE DRUGS, AND YOU COME BACK TO CHECK IN. IF AT THAT TIME BOTH OF YOU WANT TO TALK ABOUT WHAT HAPPENED, YOU CAN DO SO; IF NOT, YOU DON'T. IF YOU FIND YOURSELF GETTING ANGRY AGAIN, YOU TAKE ANOTHER TIME OUT.