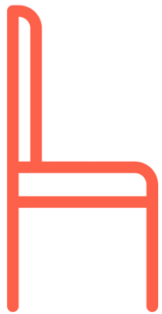




Steps for Accepting Time-out

(McGinnis & Goldstein, 1997)



1. **Stop** and say to yourself, "***I need to stay calm.***"

2. **Accept** that you did something wrong.

3. **Walk** to time-out.

4. Take 3 **deep breaths.**



5. **Think** about how you can make things better by accepting time-out.

6. **Tell** yourself encouraging things like, "Time-out isn't very long. I can do it."



7. After time-out, say, "***I'm sorry for not listening.***"