

Time Out Contract

I will always be prepared to take a Time-Out by:

1. Doing practice time-outs ___ times per week so that when the real time comes I will automatically know what to do.
2. Doing anger journals ____ times per week in order to become familiar with my anger warning signs.
3. Talking with my partner ___ times per week about our agreement regarding time-outs.
4. Having a blank anger journal and the appropriate phone numbers in a handy place ready to take with me on my time-out.

I will know that I have to take a Time-Out when:

1. My body is feeling

2. I am behaving like

3. I find myself saying (out loud)

4. I hear myself saying in my head

I will take a Time-Out by:

1. Saying: "I feel angry. I need to take a time-out. I will be back in one hour."
2. Leaving the house and going to _____.
3. Walking (not driving) or exercising, and not drinking.
4. Calling the hotline or a buddy from the group.
5. Writing an anger journal, looking inside and examining what my feelings are, behind the anger.
6. Returning home in one hour.

Name _____

Date _____