

My Timeout Plan

Name _____

Plan how you will step away before you explode — and how you will come back

Date _____

Fill this in when you are calm. Then share the plan with the people you live with, so they know a timeout means "I care, I'll be back," not "I'm done with you."

The four steps: Notice · Say · Leave · Return

1. Notice. My signs that I'm at a 5 or 6: _____

2. Say. My timeout words (under 15 words, the same every time):

" _____ "

Example: "I'm getting too heated. I need 30 minutes. I'll be back."

3. Leave. Where I'll go:

☐ Porch or yard ☐ Walk around the block ☐ Another room, door closed gently ☐ Break room ☐ Other:

What I'll do there (pick up to 3):

☐ Box breathing ☐ 4-7-8 breathing ☐ Walk ☐ Stretch ☐ Drink water ☐ Calm music ☐ Muscle relaxation

What I **won't** do:

☒ Drive ☒ Drink or use drugs ☒ Text or post ☒ Replay the argument in my head ☐ _____

4. Return. I'll come back in: ☐ 20 min ☐ 30 min ☐ 45 min

What I'll say when I return:

" _____ "

Example: "I'm calmer now. Can we try again?"

If I'm still above a 3 when time's up, I'll check in and set a new time.

My quiet timeout (for work or public places)

Where I can't say "timeout" out loud: _____

My quiet exit line:

" _____ "

Examples: "Let me check on that and come right back." · "Can we pause for five minutes?" · "Let me think about it and get back to you tomorrow."

Timeout rules

- Don't drive while angry. Walk instead.
- A timeout from the talk includes your phone.
- Come back when you said you would. No return = just walking away.
- Respect the other person's timeout, too. Don't follow them.
- If you or anyone else feels unsafe, leave and get help. Call 911 in an emergency.