

# TIME OUT

## 1. What is Time Out?

- A Time Out is the most basic alternative to violence and abuse.
- It is a way of stopping yourself doing or saying violent and abusive things.
- It is the beginning of taking responsibility for your actions
- It is NOT a long term solution but as a chance to remove yourself so that violence and abuse is not used.

## 2. When to use Time Out?

Time out is based on the simple fact that if you are not there you can't hurt them. Using Time Out is moving towards your goal of ending abusive behaviours towards your partner.

- When you want to have an argument with your partner
- Recognise your physical signs – clenched fists, temperature, tension, raising voice.
- Recognise emotional danger signals – feeling trapped, angry, frustrated.
- Recognise mental signs – negative thinking

## 3. Preparing for Time Out

- Have everything you need readily available for your Time Out – includes coat, money, cigarettes, keys.
- AGREE IN ADVANCE WITH YOUR PARTNER a Time Out signal. This could simply be "I need to take a Time Out".

#### 4. Informing your partner

- Choose a time when both of you are happy to have a discussion about Time Out.
- Don't use Time Out as a method of avoiding genuine discussions or fair arguing.
- If your partner does not want to discuss Time Out do not coerce her to do so.
- DO NOT ask your partner to tell you when you need to take a Time Out – it is our own responsibility to take it.

#### 5. Think

- About your behaviour, not your partners
- About how your beliefs about your partner and expectations of her.
- How could you discuss the issue that led to the need for Time Out without using coercion and threats.

#### 6. Returning Home

- Phone if possible – let your partner know that you have calmed down (if you have) and that you are ok to return.
- Check if your partner is happy for you to return.
- If they are happy – let them know when you will be back.
- If they are not – ensure you have a plan for this.
- If you go home and things escalate again – take another Time Out.
- Ensure that you approach the problem subject when you are both are happy to discuss it.

## DO's

- Cool Down
- Control your own behaviour
- Go for a walk or a jog to help reduce physical build up or tension
- Read some of the programme material/remind yourself of the skills.
- Calm yourself down

## DON'Ts

- Go to the GYM unless it is in addition to your time out plan
- Think about better ways of controlling your partner
- Meet up with friends
- Drink
- Take Drugs
- Drive

## MY TIME OUT PLAN

My Early Warning Signs:

My Time Out Phrase/Sign:

My Time Out Period:

My Time Out Activity:

My Time Out Preparation:

My Time Out Positive Self Talk:

My Time Out return home plan: