

TIME OUT CONTRACT

We _____ and _____ agree to the following time out process and to follow that process to the best of our ability.

1. Either of us may call a time out by saying or doing the following:

_____.

2. When either of us gives this signal we will cease any further interaction on this topic for a period of _____. If at all possible, we agree to calm ourselves completely before continuing to talk about the issue. When possible we will withdraw from each other's presence.

3. After the time (see #2) we agree to meet in the _____ (place) and begin a constructive discussion about the topic that led to the time out.

4. During this discussion we agree to follow the Fair Fighting Rules given to us by the therapist.

5. If this discussion leads to anger we agree to call a 2nd time out using the same signal. This time out will last until the next calendar day when we will again resume our discussion at the following time _____ if possible. If this is not possible the one calling the time out will suggest a better time. We agree to meet in the following place for this discussion.

_____.

6. If the discussion following the 2nd time out again fails, we will not discuss the issue again until we can present it to the therapist.

Signed

Name

Name

Date

Date