

SELF TIME OUT FLOW CHART

Time outs are what mature humans do to learn from mistakes and poor choices. When a person (adult or child) chooses to take a self time out or a called time out they are choosing to care about the safety of themselves and the family to which they belong.

YOU are choosing to reduce impulses, reduce danger and increase positive consequences.



1

I can declare a...

SELF TIME OUT.

"I am taking a time out."

2

I can choose to focus on what is happening INSIDE not OUTSIDE my BODY.

I can choose to STOP paying attention to what I believe is irritating me.

3

I can choose to WRITE DOWN

my FEELINGS and NEEDS.
I can gather important new information from my deepest FEELINGS and NEEDS.
I can honor my FEELINGS and NEEDS.



Check Out: <http://www.selftimeout.org>

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4

I can choose to make a NEW PLAN.

I will use my new info. to write a NEW PLAN for ME to take care of MYSELF.

I have chosen to stop waiting for someone or some thing that is irritating me to help me feel better.

5

I CAN PRAISE MYSELF.
I took a SELF TIME OUT.
I changed my focus.
I paid attention to my own FEELINGS and NEEDS.
I made NEW PLAN to take care of myself.