TIME OUT OPPORTUNITY FLOW CHART

Attachment B

I can continue escalating or I can take a SELF TIME OUT and avoid negative consequences.

I notice that I am feeling irritated.

I choose to give an irritating event, person or object my attention.

... or I choose a SELF TIME OUT

I have chosen to feel better.

I have chosen increased irritation.

I choose to let the event, person or object remain my focus of attention.

... or I choose a SELF TIME OUT

I have chosen to feel better.

I have chosen increased irritation.

Others notice.

I choose to try to control the event, person or object. "How can I get them to....?"

I have chosen to have anger.

Others test me more.

... or I choose a SELF TIME OUT

I have chosen to feel better.

I choose to reject new information from the inside or the outsice.

... or I choose a SELF TIME OUT

I have chosen to feel better.

I have chosen increased anger and increased isolation. Others test me more.

... or I choose a SELF TIME OUT

I have chosen to feel better.

I choose to blame shame or lable the event, person, or object. I believe it is OK to abuse.

I have chosen increased anger, increased isolation and loss of trust.

I choose to frighten or threaten. It is OK for me to violate your personal or emotional space.

... or I choose a SELF TIME OUT

I have chosen to feel better.

I have chosen increased anger, increased isolation and possible legal action.

... or I choose a SELF TIME OUT

I have chosen to feel better.

I choose to push or shove.

I have chosen increased anger, increased isolation and possible police action.

... or I choose a SELF TIME OUT

I have chosen to feel better.

I choose to slap or hit or kick. Physical harm is OK.

... or I choose a SELF TIME OUT

I have chosen to feel better.

I have chosen possible hospitalization and permanent injury. Possible police action.

... or I choose a SELF TIME OUT

I have chosen to feel better.

I choose to use a weapon.

I have chosen likely hospitalization and permanent injury. Likely police action.

Check out: http://selftimeout.org

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