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## FIVE STEP SELF TIME OUT

### STEP ONE

#### NOTICING AND DECLARING

I am NOTICING my body is having uncomfortable feelings.

I can DECLARE my need for privacy and safety. I do not want to make impulsive choices. I need quiet time.

I can say, "I'm choosing a Self Time Out."

### STEP TWO

#### REPLACING COMPLICATED IMPULSES WITH SIMPLE FEELINGS

When I am safe and alone I can choose to quiet my mind. I can focus gently on my body.

Only I can do this listening.

I can be steady, constant and open, listening for Feelings to emerge. Once I am aware of a feeling, my awareness can be named.  
 (See attached "Feelings List")

I feel \_\_\_\_\_.

### STEP THREE

#### CELEBRATING A BETTER MOOD FINDING WHAT I NEED

Now my body feels heard. The stress of escalation (self abandonment) begins to flow out of my body. I am beginning to de-escalate.

Only I can improve the way I feel and act.  
 I can choose to say, "I am doing a great job!"

I can be steady, constant and open, listening for the Need to emerge.

From the meaning of the Feeling I named in STEP 2, the Need emerges from the newly-named Feeling.

This Need can be named.

The Feeling generates the NEED

So, the Name of the feeling leads us to Naming the Need

The NEED can be named!  
 I need \_\_\_\_\_.

**Simple, just like:**  
**I feel thirsty. I need some water.**

Short sentences and early periods are good!  
 Simple is good!

### STEP FOUR

WHEN I KNOW WHAT I AM FEELING AND NEEDING, MY PLANS ARISE FROM MY OWN BODY ALMOST WITHOUT EFFORT.

The meaning of My Plan comes from my willingness to notice my own discomfort. My choice to take care of my discomfort gives me safety and quiet. Then my steady, constant and open listening leads to the emergence of my Own Feeling and then my own Need

When I have my Own Feeling and My Own Need, I have chosen to OWN my Mood!

**My Self Care Plan is:**

### STEP FIVE

#### PRAISE AND CELEBRATION

When I listen well to my body I demonstrate respect for what my body is feeling and needing.

I used all my senses and a Plan Of Self Care emerged.

**I can choose to praise myself.**  
**I can choose to celebrate!**

Every emotional discomfort is an opportunity to reduce self-neglect and to demonstrate respect for my body by choosing to have a nice Five Step Self Time Out.

**I feel thirsty. I need some water.**