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What is a Five Step Self Time Out?

Meditation, prayer, insight and Self Time Outs... these human traditions of wisdom have been passed from Mother and Father to their children and from Elders to all community members since the very beginning across all cultures and traditions.

Wise people know that each person has impulses, weaknesses, and habits that come from our genes, from our families, and from other early experiences. Wise people know that these traits are not bad or evil. They are mistakes that create unwanted consequences for us, for our loved ones and for the community. Sometimes tragedies. We each have the strengths and ability to do difficult tasks in order to develop and become everything The Creator intended for us. However if your parents were unable to model their strengths and abilities for you, for whatever reason, you will have difficulty. The good news is that even if we are brought up in the middle of crisis we often receive enough strengths and ability to survive and become everything we are intended to become.

There are as many traditions in as many cultures about wisely choosing and developing strengths of appropriate mood management. Each culture teaches a way to learn from impulsiveness and mistakes as part of the emotional developmental process.

I am choosing to plug into my strengths when **I Notice and Declare that:**

1. I can choose to detach from what is irritating me.
2. I can choose to focus on my physical body (my feelings and my needs)
3. I can choose to listen to what my body says to me about what I feel and need.
4. I can make a plan to take care of my own feelings and needs. I can comfort myself.
5. I can praise myself and Celebrate because I now know how to choose my own path in the world. I have chosen to own my Mood. I have created a Feeling of Wellbeing.

The Creator gave each of us free will to choose what we are focusing on right now.

The Creator gave each of us a body and a mind to care for and feel grateful for doing better.

If I choose **not** to use the strengths I was given, I will forget that I have free will, or I will believe that it has been taken from me, or I will believe that the world is unfair and that my fate is dark. When I am living this way I am choosing to use the weakness and impulses my culture and my family gave me.

Wise people know the questions to ask are: Will I know when I am making a mistake?

Will I be aware of the consequences? Will I choose to learn?

I can practice making healthy choices and take responsibility for my actions.

I will gain faith in The Creator and in my own power to choose to do a better job taking care of my own feelings and my own needs. Then I will make plans that work for generations.

I can choose give myself a FIVE STEP SELF TIME OUT which can lead me to choose the opportunities, the wisdom and the strengths my culture and my family gave me. I have chosen to do better.