

# MY TIME-OUT

PROTOCOL

What phrase will I use to call a time out?  
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**VENT/SOOTH**  
How can I do to vent/sooth?  
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**IDENTIFY EMOTIONS**  
What steps will I take to understand my emotions?  
\_\_\_\_\_

**IDENTIFY NEEDS**  
What steps will I take to understand my needs?  
\_\_\_\_\_

**MEET NEEDS**



How do I know when I can't share or listen?  
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How do I know when I can share but struggle to listen?  
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How do I know when I can share and listen?  
\_\_\_\_\_

When and how will I reconnect?

- When will I check back in by? \_\_\_\_\_
- What phrases will I use if I need more time?

• When will I check back in if I need more time?  
\_\_\_\_\_

• How will I share the information from my processing?  
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