

QC003SN - TIME-OUTS

TITLE: DOES YOUR MARRIAGE NEED A TIME-OUT?

SHOW SUMMARY

We give children a time-out when they need to calm down and cool off, but sometimes spouses need a time-out to calm down and cool off also. Spouses can stop the cycle of disagreements and arguments that heat up and get out of hand by using time-outs.

SHOW OUTLINE:

The signs you need a time-out.
The reasons you need a time-out.
Six steps for taking a time-out.

ACTIONS.

- Talk to your spouse about using a time-out approach to “discussions” that are getting out of hand.
- Try it out at the next opportunity.
- Repeat as needed.

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