

# TAKE AN ADULT TIMEOUT IN 7 STEPS

1

## STOP! GET CALM

Breathe deeply **while** counting backwards from 10.  
Feel calmer in your body.



2

## NOTICE AND NAME YOUR REACTION

Quickly notice what you're feeling or thinking and tell yourself what it is.

3

## DESCRIBE WHAT'S HAPPENING IN YOUR BODY

How do these thoughts or feelings show up in your body?  
*A racing heart? Sick to your stomach? A heavy heart?*



4

## INTERVIEW YOURSELF

Where do you feel this emotion in your body?  
Why is this feeling so big right now?  
What do you tell yourself when you have this feeling?  
What do you need from me in order to help?



5

## WRITE DOWN WHAT YOU LEARNED

Hand this emotion a pen and notebook and let it write.

Only one emotion can talk at a time! If other emotions want to write,  
remember: take turns.



6

## BE COMPASSIONATE TO YOURSELF

Be kind the way you would to a good friend.

"I can hear how hard it is for you right now."  
"I can see you're hurting. How can I help you?"



7

## LET IT REST (FOR NOW)

Take a moment to be quiet. Breathe deeply.  
Ask yourself: how do you feel different now?



**This completes the exercise for now.**

You can use this exercise as often as you need to. Make it a regular part of your self care routine.

[Click to see the full-size infographic: bethrogerson.com/timeout](http://bethrogerson.com/timeout)



Better  
Relating