



## **Avoiding Violence with “Time-Out”**

The following are a sequence of steps that can help avoid violent outbursts:

1. Recognize physical or behavioral cues that signal you are intensely angry.
2. Assert immediately “I need to take a “time-out” or make a “T” sign with your hands without speaking.
3. Leave the house for a full hour to cool off and collect your thoughts.
4. Take a brisk walk and call a crisis phone line, good friend, or “buddy” from the program. DO NOT DRINK, DRIVE, OR GO TO A BAR!!
5. Return to the house in one hour – no sooner or later.
6. Check-in with your wife and talk about how you feel and why. Don’t try to change her behavior; simply start by airing your gripes.
7. Report and discuss the close call at the next group meeting.