

Steps involved in taking a time out whilst self-isolating/quarantined

- **Set aside time** to discuss with your partner the ground rules for time out. Choose a time to talk when things are calm between you.
- Decide on a non-aggressive, **non verbal signal** that you are calling a time out. A well known one is making the 'T' sign with your hands. A 'talk to the hand' gesture is not appropriate.
- Decide how long you will leave the room for and where you will go. Ensure that you **tell your partner how long** you will be gone for in a calm way.
- Think about a **calming place** for you to go and things you might do (listen to calming music/Have a shower bath/ go in the garden if you have one). Don't drink or use any drugs. If you are going to phone a friend make sure that it is not someone who will just take your side against your partner as that's likely to make matters worse.
- During this period, if you cannot leave the house, **negotiate in advance** with your partner a space in the home where you can go eg a specific room or a garden if you have one.
- If your partner follows you, **ask calmly** that they leave you alone and **explain why** you need time out. If they don't – step outside if it is safe to do so.
- Agree arrangements for coming back into the space.
- Leave to go to your identified room/space and **go back** at the agreed time. Don't be early or late.
- Explain that although your partner does not have to agree with the use of time out, doing it in a structured way with clear rules and boundaries and in a way that has been explained to them is more likely to feel helpful.