



Here are the steps using the acronym START:


1. S - Signal that you need a timeout.

Let your partner know you need a break. 


2. T - Timeframe for the timeout.

Give the amount of time you'll be taking. It's recommended to take at least 20 minutes, so tell your partner you need 20 minutes and that you'll come back. 

3. A - Assess your feelings.

Think about what made you upset. This is not the time to rehash what happened or figure out why you are right. Instead, identify what made you need to take the timeout in the first place. 

4. R - Return to your partner.

Come back to your partner whether or not you're ready to talk about it. You don't have to talk about it in 20 minutes even though that's what you said. You can return and tell them you need more time to consider it. 

5. T - Talk or more time.

Sometimes you need more time. If that's the case, let your partner know, and give them a time when you will revisit the issue. When you are ready, talk about what you assessed during your timeout. 