

Time-Out Contract Sample

When I realize that my (or my partner's) anger is rising, I will give a T signal for a time-out and leave at once. I will not hit or kick anything, and I will not "slam" the door. I will return in no later than one hour. I will take a walk, go to a meeting, use up my anger energy in some constructive way and will not use drugs or alcohol while I am away. I will try not to focus on resentments.

If my partner gives a T signal and leaves, I will return the sign and let my partner go without hassle, no matter what is going on. I will not drink or use drugs while my partner is away, and I will avoid focusing on resentment.

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