

# Relationship Rehab Show

FREE DOWNLOAD: Show #14, August 30, 2022

## Rules to a *Good* Time

### **THE EXHAUSTED TIME OUT:**

Some couples stop fighting because they're worn out and neither can think of anything else to say. They retire to their respective corners of the house and just hibernate, hoping the hurt feelings will pass quickly. Usually, it takes days...

### **THE RUNNING AWAY TIME OUT:**

If one or both partners abhor fighting, they may just set aside the conflict, hoping it will disappear if they don't look at it. The next time that issue comes up, it is often bigger and uglier than it was to begin with, and harder to resolve.

### **THE "I'M NOT GOING TO FIGHT" TIME OUT:**

Some partners will do anything to avoid a conflict. "I'm not ready to discuss that," or "Why can't you just let that go?" It's kind of a self-righteous attitude of, "I'm better than you because I refuse to fight." But, of course, that person also is refusing to collaborate on resolving the issue!

**RULES TO A GOOD TIME OUT:** (From MODULE SIX in the [www.MillionaireMarriageClub.com](http://www.MillionaireMarriageClub.com))

1. When you are about to do or say something disrespectful, you call a Time Out on yourself.
2. Estimate how much time you will need in order to calm down and return to the discussion with respect.
3. Tell your partner, "I need 30 minutes to calm down then I'll come back to our Skilled Discussion. (A time out can be anywhere from 15 minutes to a few hours, but never more than 24 hours. Then your time out becomes punishment to your spouse.)
4. Use venting and/or relaxation techniques to calm the angry or hurt energy out of your body. This is the purpose of a Good Time Out...to calm yourself!
5. When calm again, plan the words you will say to express your thoughts, feelings, concerns and desires to your partner.
6. Return to the Skilled Discussion when you said you would. Keeping your word about returning on time will reduce the anxiety your partner may have about you leaving the discussion.

**A DEEPER CUT:**

1. After calming down you may ask yourself these questions:
  - a. When have I felt this way before?
  - b. What was the circumstance? Who was involved?
  - c. What percentage of my current upset is about a current event and what percentage is from this event in the past?
  - d. How can I move forward in the present that will help to heal this old wound?

## **THE PARTNER'S RESPONSE TO A TIME OUT BEING CALLED:**

1. You immediately shut up! Do not try to get another word in before your partner leaves for the time out. You've already been told (by the calling of a Time Out,) that your partner is on the edge of being disrespectful. If you try to get another word in, it may be just enough to flip the "out of control" switch. Respect that your partner is trying to save you from his/her disrespectful reaction.

Chapters 12-16 of [How to Stay Married & Love It!](#) and MODULE SIX of the [www.MillionaireMarriageClub.com](http://www.MillionaireMarriageClub.com) thoroughly cover healthy anger management.

Learning to manage your own anger respectfully is a very self-honoring practice as well as being respectful to those you love! You can do this!

*Nancy Landrum*