

Walking Away and Coming Back

Plan how to step out of a heated moment in a way that does not make it worse.

WHEN TO USE THIS

Fill this in on a calm day, with the other person if you can.

What will you say when you need to step out? One short line, decided ahead of time.

Try: I need twenty minutes. I am coming back.

Where will you go, and what will you do while you are there?

Somewhere in reach. Walking beats sitting and replaying it.

1.

2.

3.

4.

Leaving to cool down and leaving to punish someone look different from the outside. The promise to come back is what tells them apart.

How will you come back? What is the first thing you want to say when you walk in?

Stepping out is not losing the argument. It is keeping the door open.