My Personal Pause Plan

Anger 101 | Understand. Regulate. Respond. | Free printable worksheet

Plan your time-out before you need it. Share it with the people close to you so a pause is understood, not seen as walking a

My early warning signs (body, thoughts, voice):

What I will say to pause ("I need a few minutes to calm down."):

Where I will go during my time-out:

What helps me calm down (breathing, walking, water, music):

How long I need before returning:

How I will return and restart the conversation:

People I can reach out to for support: