



When you feel overwhelmed, angry, upset, flustered, etc. follow these steps:

1. Tell your partner you need to pause and you will be back in a set time (ex. 20 minutes)
2. Go for a walk. For the first 5-10 minutes or so focus on the trees, the breeze, the cars going by, the sound of your steps, etc. Focus on anything other than the argument or other person. Try to regulate your breathing during this time.
3. List 3 things you're thankful for that day.
 1. Food to eat that day, shoes to walk around with, your children, job, etc.
4. List 3 positive qualities/attributes your partner has
 1. Good parent, good dresser, on time, handy, smart, etc.
5. Finish out the walk focusing again on the weather, dinner, the dog walking past you, the font of the sign on the building – anything except the argument.
6. If you feel calm again go back to your partner and talk it out. If you are not ready to continue the conversation, then tell your partner you need more time and repeat the steps.

If walking isn't practical at the time, remove yourself from the area and close your eyes while imaging a place you are at peace at. For example, the beach, your bedroom, the lake, etc. Then practice steps 3-6.

