Time-Out and Return

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A low-stakes disagreement becomes tiring.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Make a pause plan that includes a signal and a realistic way to revisit a conversation.

3. What makes a pause different from abandoning the issue?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.