

Design exit/re-entry routines

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1 | WHEN I NEED TO EXIT?

What I will notice that indicates it's time for an exit?

What my partner will notice?

2 | HOW WILL I INITIATE THE EXIT?

My part of the plan:

My partner's part of the plan:

3 | WHAT WILL MY PARTNER DO WHEN I EXIT?

My part of the plan:

My partner's part of the plan:

4 | WHERE WILL I GO?

My part of the plan:

My partner's part of the plan:

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5 | HOW WILL I CALM MYSELF?

My part of the plan:

My partner's part of the plan:

6 | WHAT WILL I NOT DO?

My part of the plan:

My partner's part of the plan:

7 | WHEN AND HOW WILL WE REENGAGE?

My part of the plan:

My partner's part of the plan:

8 | HOW CAN YOU BE SURE THAT YOU WILL READDRESS THE ISSUE COOPERATIVELY?

My part of the plan:

My partner's part of the plan:
