

Anger Exit and Re-Entry Routines: The Pause that Refreshes

Exit Signs

What signals tell you that you would be best off disengaging?

Leave by standing and starting to walk before you say anything. As you leave, say something benign like *"I need a drink of water."*

Do not discuss whether or not to take exits. Rather, as one of you leaves in one direction, the other also leaves the room in a different direction to make a mutual exit from the situation (not from each other).

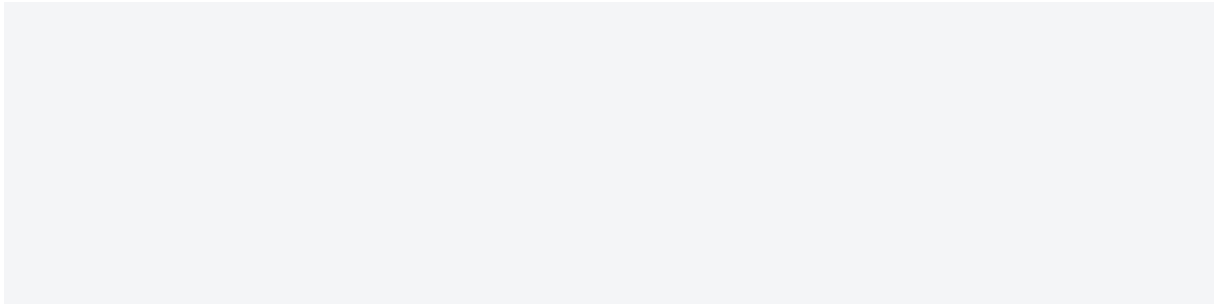
Cool Down

After you have separated how do you calm yourself down?

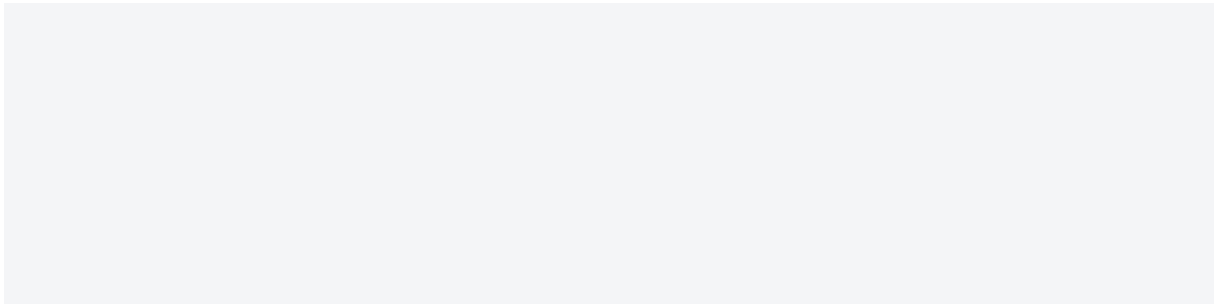
Be sure to focus initially on something other than what your partner did. Distraction helps. Do something pleasant until you have returned to the calm zone.

Insight

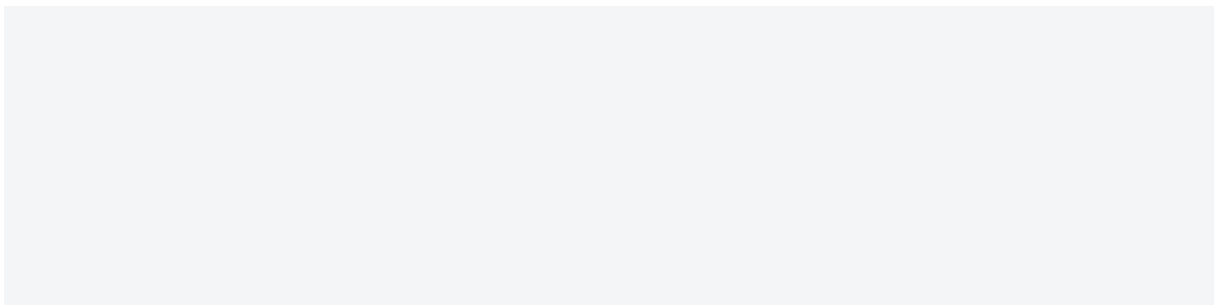
After you have cooled, what can you see about your part of the difficulty that you could not see when you were in the middle of it?



What did you want?



What might be a better strategy to get your concerns met?



Re-entry

How do you re-engage?

Do you first test the waters with a pleasant and safe dialogue before returning to the tough topic?

Do you eventually discuss the difficult topic successfully?

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