Can We Take a Break and Actually Come Back?

Choose a time to practice this when you're both calm. Agree on a phrase that means "I still care about this conversation."

Call the pause

> *"I want to finish this with you. I'm too wound up to listen well. Can we try again at 7:30? I'll come find you."*

Pick a time you can both make. Use the break for something that helps you settle, like walking or getting water.



For a more in-depth look at how to build trust and connection in your relationship, explore Building Trust and Connection, my 10-week, self-paced course.

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Come back

> *“I’m back. I’ve been thinking about what you said. What’s the part you most want me to understand?”*

If you need more time, check in when you promised and agree on a new time together.

Our phrase, return time, and who will restart

Save this card to your phone so either of you can find the wording.



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