

Safe Word Agreement

We, _____

And _____

Have agreed that our Safe Word is _____

We agree that upon the Safe Word being uttered by either of us we will:-

1. Cease arguing immediately.
2. Withdraw from each other to a preferred individual space.
3. Use self-soothing techniques suitable for the individual personality [eg. Deep breathing, video games, exercise, listening to music, going for a drive/walk].
4. Recognising that we will likely calm down at a different pace, we agree that further communication about the issue will not be considered until both of us have calmed down.
5. We will respect each other's processes.
6. When we are both calm, we will revisit the issue to resolution.
7. If the argument retriggers, we will repeat the above steps with the objective to discuss and reach resolution.
8. We commit to practice this technique with intention every time we argue; &
9. We recognise that the argument is an opportunity, and this technique cannot be learned in the absence of conflict.

Date at _____

This _____ day of _____, 20____