

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 or if time out is required, respectfully provide space.
2. Withdraw from each other to a preferred individual space.
3. Use self-care and self-soothing techniques suitable for our individual personalities [eg. Deep breathing, video games, exercise, listening to music, going for a drive/walk].
4. Recognise 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. Revisit the issue to resolution when we are both calm.
6. Commit to practice this technique everytime we argue or when one of us is feeling overwhelmed or stressed; &
7. If the Safe Word is used around conflict and the argument retriggers either of us, we will repeat the above steps with the objective to discuss and reach resolution.

Date at _____

This _____ day of _____, 20____