

Cue Cards 32

Exit and Re-Entry Pause-That-Refreshes Routines

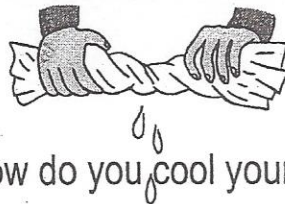
EXIT / RE-ENTRY ROUTINES

The Pause that Refreshes



- **Exit Signs**

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



- **Cool down:**

After you have separated how do you cool yourself down?

- **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 some pleasant and safe dialogue before returning to the tough topic?

Do you eventually discuss the difficult topic successfully?

