

Time Out Coach



5 seconds to
Success

Walk Away!

On average, **41%** will get a 2nd
Domestic Assault & Battery charge
within one year nationwide.

Don't be a statistic!



This is your pose. This is your sign of surrender. 5 **SECONDS** into voices being raised, you should already look just like this.

Whether it's your voice or someone else's, a raised voice is a SIGN things are about to go bad.

Today we are going to go over our ability to become our own coach. Dr. Meichenbaum did studies on children and observed that **children coach themselves out loud** to help them through activities. A child playing with their toys may say out loud..."put the screw here, now turn it..yep I did it!" But as we get older and others start to ask us who we are talking to, we tend to refrain from verbally coaching ourselves.

However, even as an adult, developing the skill of becoming your own “coach” is CRITICAL to your success in creating a positive, healthy life.

Let’s look at a sports example to help explain how to effectively take a Time Out.

Effective Use of a Time Out:

Coach #1: Whistle blows, all the players run to sideline, coach tells all the players how much they have screwed everything up

Coach #2: Whistle blows, all the players run to sideline, coach leans back in his recliner on the sidelines and chugs some vodka

Coach #3: Whistle blows, all the players run to sideline, coach creates new plays to help win the game

If you were one of those players, which coach would you prefer to have during the big game?

Look back and think about the ways you have taken a “Time Out.” Do you go out drinking to try to forget all your problems---only to come home and see the problems have grown bigger? Do you waste the whole “Time Out” griping and complaining about your problem? Or do you utilize your “Time Out” to focus on the good and to come up with a game plan to solve your problem?



Did you read the statistic that 41% of people who get a Domestic Violence charge will get a SECOND charge within one year! That’s nearly half! Hopefully you are starting to realize how critical it is to call “time Out Coach” 5 seconds into the drama instead of 30 minutes into it.

Just NOTICING when it’s time to take a break can be half the battle. Every time you successfully call “Time Out Coach” 5 seconds into the drama...you need to see yourself shout “Touchdown!” Be proud of yourself! You’re growing as a person!

What is the hardest thing you face on a regular basis...dealing with a boss, handling financial pressures, communicating with your spouse without screaming, talking to your teenager...do you usually call a "Time Out" at the appropriate times?

Remember, you don't need anyone's PERMISSION to take a Time Out. It's nice if they are on the same page and value the importance of taking Time Out when things start to become negative...but you don't need them to agree to your Time Out. It is an act of love to call Time Out. When you call Time Out, you send the message "I care enough about you to practice self-control and walk away so I won't SAY these horrible things that are racing through my head right now."

Most people can't HELP but have respect for someone who has enough self-control to walk away from them rather than say/do mean things. It may take some time for that respect to grow to a point that they TELL you about it, but EVERY time you walk away...that respect is growing.

Time Out is not avoiding our problems. Time Out is pushing PAUSE on our problems...until we can be like that good 3rd coach and come up with a game plan to better handle the issues.

Why do you think the coach has the players come to him instead of going out on the field with all the other players? He does that because sometimes you have to get AWAY from the game to re-group.



Creating Your Personalized Coach

Today what we want to learn to do is create your own personalized coach in your head that will guide you and keep you encouraged as you face the many issues that arise each day.

We are ALL going to think thoughts, our goal is PURPOSEFULLY give our brains good stuff to think about.

Let's look at some sources we can tap into to come up with some purposeful positive thoughts.

Cheerleader: What would a cheerleader say who was trying to help you get through it?

Counselor: What do you think a counselor might say?

Grandparent: What would grandparents advise you to do?

Let's practice some examples....

Example 1: You are sick of your job and ready to quit.

Cheerleader: "You got this thing! You got this thing! Don't quit! Don't quit!"

Counselor: "What emotions do you think you will feel the day after you quit?"

Grandparent: "Honey, you gotta look at this thing long-term. Never quit a

job until you already have another job..."

Example 2: Your wife is getting on your nerves.

Cheerleader: "You got this thing! You got this thing! Don't quit! Don't quit!"

Counselor: "Step back. Try to see life through her eyes."

Grandparent: "Baby, your grandpa drives me nuts sometimes, but I have to always try to look for good in him...and somehow...I always seem to find it."

Our goal is combine all those supportive people into one voice that can say the things to us that we need to hear on a daily basis to PURPOSELY keep our mind focused on what helps us...instead of what discourages us or fuels us up to an explosion.

The GREAT thing about our brain is that cannot think about 2 things at once. So if you PURPOSELY keep your brain occupied with GOOD...it cannot think on the bad.

Let's look at an example of how destructive our thoughts can be to our decision making.



Sadistic Sam

Sadistic Sam was a step-father to a rebellious teenage daughter. Her parent's divorced when she turned 10 and she was not coping well with the divorce. Sam took her rebellion personally and felt it was his "job" to "pound some sense into her." One evening, his step-daughter came home 30 minutes past curfew. Sam was furious and went and grabbed a large belt. He handed it to her mom and yelled for her to "keep beating her til she bleeds!"

Now, because he got caught up in the moment of trying to rein in a teenagers out-burst he is facing felony child abuse charges and the mother has lost her children to protective custody.

What fueling thoughts do you think went thru his head before he spoke?

If he had taken a Time Out and sent he girl to her room, how would his future be different today?



You call “Time Out Coach”: Now

what?

What if the coach went to the sidelines during the time out and started drinking vodka to drown out the fact that the team was losing, how long would his job last?

What if he wasted the whole time out telling the players how much they screwed up the first part of the game instead of telling them the next play---would he be an effective coach long term?

Being wise enough to call “time out coach” 5 seconds into the drama can be the very thing that saves your life, or at least your freedom if that time is used to productively determine the next play.

1. Talk self down not up—plan a stream of 3 thoughts you can memorize to talk yourself down –you might try something like this....“calm down, you can handle this, keep your cool, SELF-control is true power”

(we talked about how true power comes from making real life choices, like practicing self control---not from robbing artificial power from others)

2. Step in their shoes...ex/What might be 3 thoughts running thru her head that are making her fight with me about letting bobby play football?

3. Picture the after-math of you losing it/feel the emotions—

kids are crying, your regret for saying things you cannot take back and will replay in their heads, ...now feel the victory of being a great coach who called Time Out at exactly the right moment

Domestic Violence Review:

Every week we will review one area of Domestic Violence. You will then be able to draw a very clear line in your head of what a positive healthy relationship looks like and what a negative unhealthy relationship looks like.

Domestic violence is based on power and control and can take many forms including physical abuse, economic abuse, emotional abuse, verbal abuse such as threats and intimidation, stalking and a variety of other forms of control used to instill fear and dominate their partner.

Healthy Relationships involve an equal partnership where both partners feel safe in every way and have open honest communication. Both partners feel comfortable expressing their emotions and their opinions and work together to compromise and achieve mutually satisfying solutions.

It is our JOB as grown-ups to know our bodies and to know when we need to take a time-out. It's is not anyone's else's responsibility to try to be "perfect" all the time so we won't blow our tiny fuse. You don't want to have to tip-toe on egg shells around other people's short fuses. It's their responsibility to take their breaks when they get stressed.

Today we learned about the “5 seconds to success.” In a matter of 5 seconds you can alter your future for GOOD or for DEVASTATION. When you begin to implement the hands up surrender technique, you will start to see the people in your life noticing that you are gaining control over your own body, emotions, and future. That’s a powerful thing. It quick builds respect. People feel safe around someone who knows when to call a “Time Out” and go get themselves “right.”

The great thing about the “5 seconds to success” technique is it’s not just for you. When someone else is “acting crazy” you are making a conscious decision to back away and dis-engage before any of the intensity even gets going. You may have heard the phrase “If you can’t stand the heat, get out of the kitchen!” But we want to do it even sooner!

Always care enough about your future....to walk away...into your happy future!

QUIZ

(Remember, all Quiz questions are based on PARTICIPATION. You are not graded on how perfect your answer is. You are graded on how much effort and sincerity you put into the answers. Sarcastic answers are considered Blank Answers and will not be accepted as completed. So just do your best on each question and if it doesn’t fit your situation exactly, just adapt the question to fit your life. REMEMBER: This is a 90 minute class so take your time and put thought into each question!)

1. Write down your thoughts about the first video.

2. Write down your answers to the questions and to the Code Words that were given in the video.
3. If you were one of those players, which coach would you prefer to have during the big game? Tell why you chose that coach and not the others.
4. Look back and think about the ways you have taken a “Time Out.” Do you go out drinking to try to forget all your problems---only to come home and see the problems have grown bigger? Do you waste the whole “Time Out” griping and complaining about your problem? Or do you utilize your “Time Out” to focus on the good and to come up with a game plan to solve your problem?
Which “forms” of Time Out have you done in the past? Why aren’t the first 2 very effective?
5. Statistically, what is the national average percentage of Defendant’s who will get a SECOND Domestic Violence charge within one year? Why do you think that number is so high? What are 3 practical things you can do to make SURE you don’t become a statistic too?
6. Describe what “5 Seconds to Success” means. Write out a short pretend “scene” of a man practicing using the technique.
7. How can we create our own internal “coach” in our head to keep us moving in a positive direction? What did we learn about our brain today and how can we use that to help us control our thoughts?
8. Read “Sadistic Sam.” What fueling thoughts do you think went thru Sam’s head before he spoke? (Tell 3 specific thoughts you think he may have had.)
If he had taken a Time Out and sent the girl to her room, how would his future be different today? How would the girl’s future be different today? How about the mother of the girl?
9. Our thoughts are either going to fuel us up, or calm us down. Our goal as

an adult is to develop an awareness of our thoughts so we can control them before they control us. Divide these thoughts into 2 categories—thoughts that fuel you up to explosion and thoughts that calm you down. “your so lazy, I can handle this, I’m so fat, why are you so stupid, I’ll never amount to anything, no matter what I’m not going to give up, She’s so doggone forgetful, he such a screw-up, I’m getting better at this, what a quitter, he’ll never be anything but a druggie, I know I can do this, she’s just a sorry alcoholic, I never do anything right, I screw everything up

10. Domestic Violence Review: Describe a time in your life that you called “Time Out Coach” and went and took a break to get your mind right. What could potentially have happened if you had not taken that Time Out? (If you have never taken a voluntary Time Out, use a time in your life that you SHOULD have taken a Time Out)

11. Choose 3 Toxic Belief from the list below that you think may have helped fuel Sadistic Sam’s outburst.

Toxic Beliefs:

- I need to have control over my partner...otherwise she might sleep with other men, leave me, mess up her life, or do something I don’t like.
- The whole world should revolve around me.
- Everyone should be perfect at every moment (except me).
- My partner should be able to read my mind.
- Things need to always be done the RIGHT way (my way).
- No one deserves a break but me.
- I am the boss of everyone.
- I should never show my feelings to others or they will think I am weak.
- Women can’t be trusted, they will all stab you in the back.
- When my partner does something I don’t like, I have to scream at them to teach them not to do it again.
- My partner should obey me and do what I tell her to do.
- I need to be pushy and demanding otherwise people won’t respect me.
- I am the man of the house and I need to always make sure she knows who wears the pants in the house or my partner/family will run over me.

- Everything will always go as planned.
- That's 'woman's work'—that's beneath me!

Homework for Next Week:

It's important to give our brains something futuristic to think about. When you have a PLAN for your future, you are a lot less likely to fall prey to failing a test that pops out of nowhere.

Your homework is to write out your 5 year vision. Don't just be logical...dream a little...having hope is what helps us smile when the past and even the present aren't all we want it to be.

In your 5 year vision, cover all the major areas of your life...financial, your relationship/future relationship, parenting, emotionally, your career, educational goals/technical training/job certifications,etc, spiritually, paying off debt, socially..anything you aspire to do over the next 5 years. Try to be specific...it's okay if it doesn't all come true!

Statistics:

Offender Recidivism According to a 2000 study which interviewed the former and current partners of male batterers referred to batterer programs by the court:

- **41% of participants reported that the men committed a re-assault during the 30-month follow-up period.**
- Nearly 2/3 of the first time re-assaults occurred in the first 6 months.
- About 20 percent of the men repeatedly re-assaulted their partners and account for most of the reported injuries.

Edward Gondolf, *Reassault at 30-Months after Batterer Program Intake*, 44 Int'l J. of Offender Therapy and Comparative Criminology 111 (2000), available at <http://www.iup.edu/maati/publications/outcomeabstracts.shtm#outcome4>