HALT

HEARING: Listen to everything that is being said, writing out what you want to say and read from the letter ONLY (using "I" statements and NO finger pointing)

ASSESSING: What is really being said?

LISTENING: To how it is being said

TALKING: Talk to each other and not at each other

BOUNDARIES: Set boundaries that everyone can agree on. Use a "safe word." When the "safe word" is used, someone leaves for one hour, and when that hour is up the person who left must call the other person and let them know they're okay and check to see if they are ready to return to the conversation and continue talking. If not, let another hour pass and assess the situation again. If it is still not the right time to continue talking, you must set up a time the next day to talk. Once you have done this, you can return BUT you cannot talk about that topic at all. Talk about different things and give each other space regarding that topic!