



*A Better Way to a Better Life*

# 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!

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