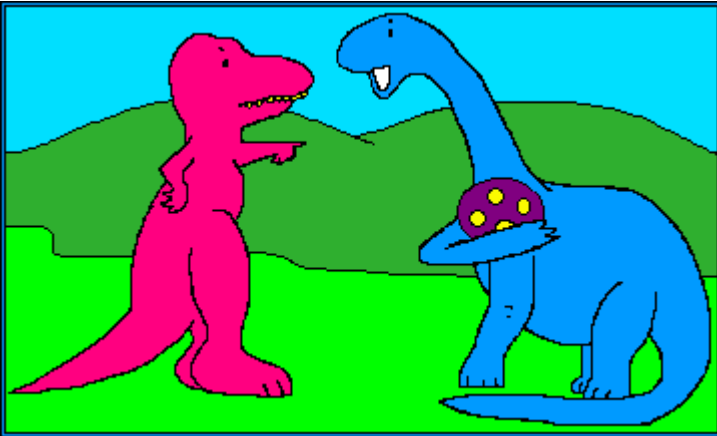
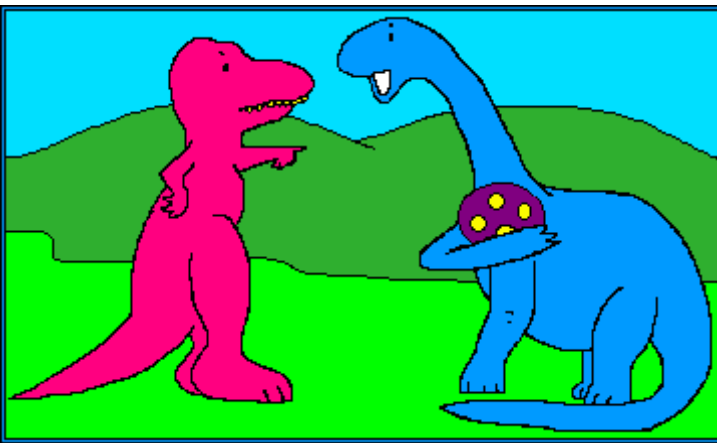


# Time Out To Cool Down

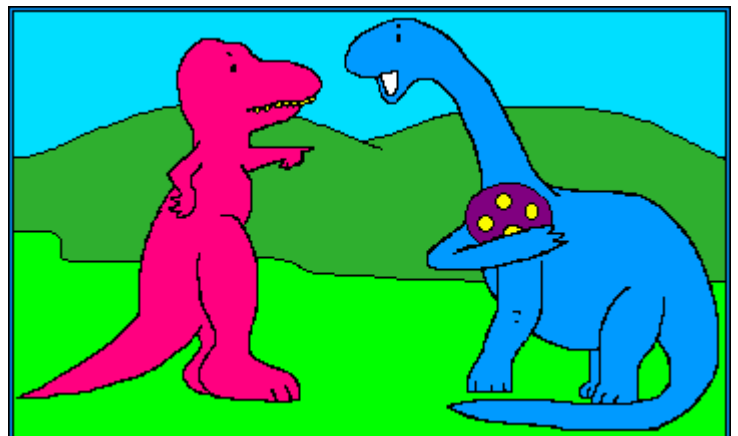


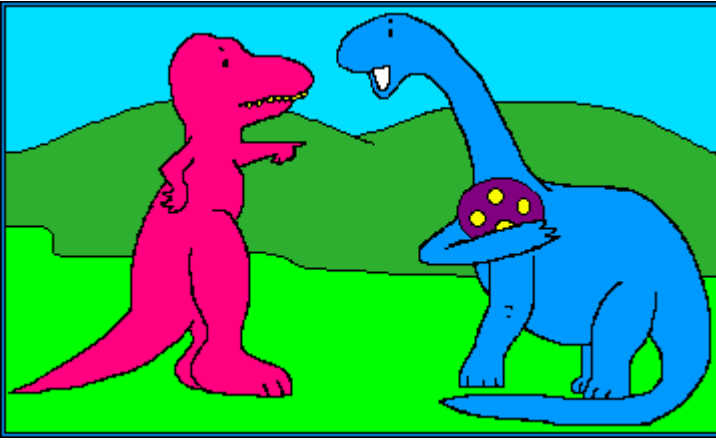
Even good friends get into disagreements once in a while. This is called a *conflict*. Conflicts happen to everyone, but how we handle them can make a big difference. Sometimes when we're angry, we say and do things we don't really mean. We may really regret it later.



Many conflicts can be worked out, if both sides try to cooperate. Sharing or taking turns using the thing that you both want is usually the best solution to work things out.

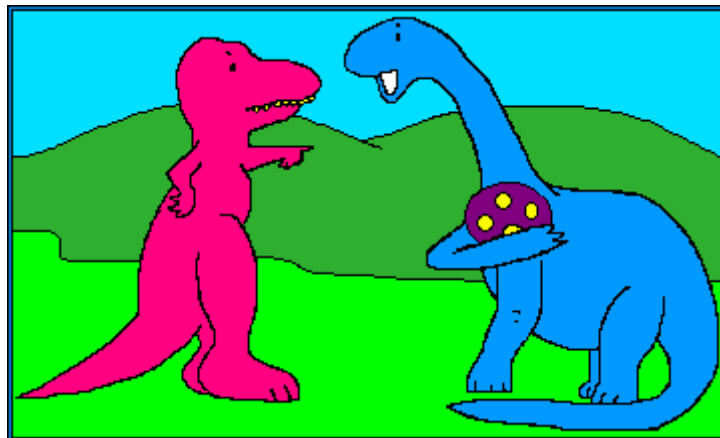
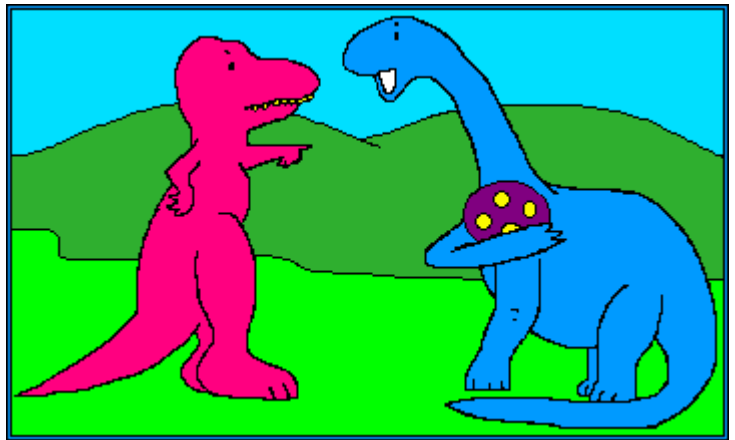
Sometimes we're just too angry to think clearly enough to be able to work out the problem. The best thing to do when we have a conflict, is to take a time out. Take a deep breath. Count to ten. Try to calm down and tell yourself, "There must be a way that we can work this out."





If you're both still too mad to work the problem out calmly, call for a longer time out. Walk away from the problem for now, and agree to talk about it later.

If you're still really angry, you can help yourself cool down by doing something you enjoy. Try talking a walk, or listen to some music, or read a good book. If that doesn't work, try squeezing a pillow or get those angries out by yelling into the pillow.



Sometimes another person that both sides trust can help us work out our problems. This person acts as a *mediator* or a *peacemaker*. He or she listens to both sides of the problem and helps us work out the conflict together.