**The Family Negotiated Timeout [[1]](#footnote-1)**

Step 1: Each person goes to page 137 in their own workbook and fills in the “Family Negotiated Timeout – 3” in the top half of the page. When done, each signs in the blank space for the signature at the middle of the page.

Step 2: When everyone is done, one person at a time becomes the Sharer.

Step 3: The first Sharer reads the “#1: Sharing Member Phrase” on page 136.

Step 4: One person is designated as the Receiver[[2]](#footnote-2). The Receiver reads the “#2: Receiving Member Phrase” on page 136.

Step 5A: The Sharer shares what they have written in the corresponding blank spaces on line “7” of the first paragraph at the top of page 137.

Step 5B: The Receiver takes what was just shared and writes that down in the blank spaces on line 3 of the first paragraph under “Acceptance of the Member’s Negotiated Timeout by the Receiving Family[[3]](#footnote-3)” on page 137.[[4]](#footnote-4)

Step 6: The Receiver reads “#3 Receiving Member Phrase” on page 136.

Step 7: The Sharer responds “yes” if the Receiver got it right. [Note: If the Sharer needs to tweak anything, the Sharer shares that immediately. When all aligns with the Sharer’s intentions, the process quickly moves to the next step.]

Step 8: The Sharer now reads the “#4: Sharing Member Phrase”. [Note: Some or all the family members may not, as yet, have learned E-Communication. The Sharer is basically attesting to his/her willingness to discuss in a safe and caring manner. E-Communication will be taught in the upcoming videos.]

Step 9: The Receiver reads “#5 Receiving Member Phrase” on page 136.

Step 10: In the blank spaces at the bottom of page 137, the Receiver fills in the name, dates and signs.

**The roles are now reversed and the 10 Steps are repeated**

**until all family member have been a Sharer.**

1. The Negotiated Timeout in Christ uses the same format as the Negotiated Timeout, which is based on God’s laws embedded in God’s created order, which laws can be ascertained through the disciplined use of God’s gift of reason to his created children. However, as underlined in the training video, it is the inner work of the Holy Spirit and the humble acceptance of God’s word by faith that God supplies the grace that gives the Negotiated Timeout in Christ its efficacy. [↑](#footnote-ref-1)
2. The same person can be used as the Receiver for all the family members except, of course, for themselves. If desired, multiple family members can be designated as Receivers. [↑](#footnote-ref-2)
3. “Member should be added after “Receiving”. It will be added in the next revised edition. [↑](#footnote-ref-3)
4. You can download copies of the “Acceptance of the Negotiated Timeout by the Receiver Family Member”, fill them in and then keep them together in a mutually agreed upon place for future reference and possible renegotiation by the family. [↑](#footnote-ref-4)