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

Step 1: Each person goes to page 131 in their own workbook and fills in the “Two Person Negotiated Timeout – 1A”, 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 done, one of the two becomes the first to share. To complete the process each person will be a Sharer and a Receiver. [Note: Should it be, for whatever reason, difficult to decide who will go first as Sharer, we have found it helpful to have the youngest person, based on the date of birth, go first.]

Step 3: The first Sharer reads the “#1: Sharing Partner Phrase” on page 130.

Step 4: The Receiver reads the “#2: Receiving Partner Phrase” on page 130.

Step 5A: The Sharer shares what they have written in the corresponding blank spaces on lines “7” and “9” of the first paragraph at the top of page 131.

Step 5B: The Receiver takes what was just shared and writes that down in the blank spaces on lines “3” and “4” in the first paragraph under “Acceptance of the Negotiated Timeout by the Receiving Partner” on page 131.

Step 6: The Receiver reads “#3 Receiving Partner Phrase” on page 130.

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 Partner Phrase”. [Note: The Sharer might not. as yet, have been trained in E-Communication. The Sharer is basically attesting to her/his 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 Partner Phrase” on page 130.

Step 10: In the blank spaces at the bottom of page 131, the Receiver fills in name, dates and signs.

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**The roles are now reversed and the 10 Steps are repeated.** [[2]](#footnote-2)

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. There is an extra Two Person Negotiated Timeout (NT) on pages 132-133 that can be used at a later date to renegotiate should the first NT not be as effective as desired. Sometimes the first NT needs to be adjusted to be more effective or adapted to a new situation. [↑](#footnote-ref-2)