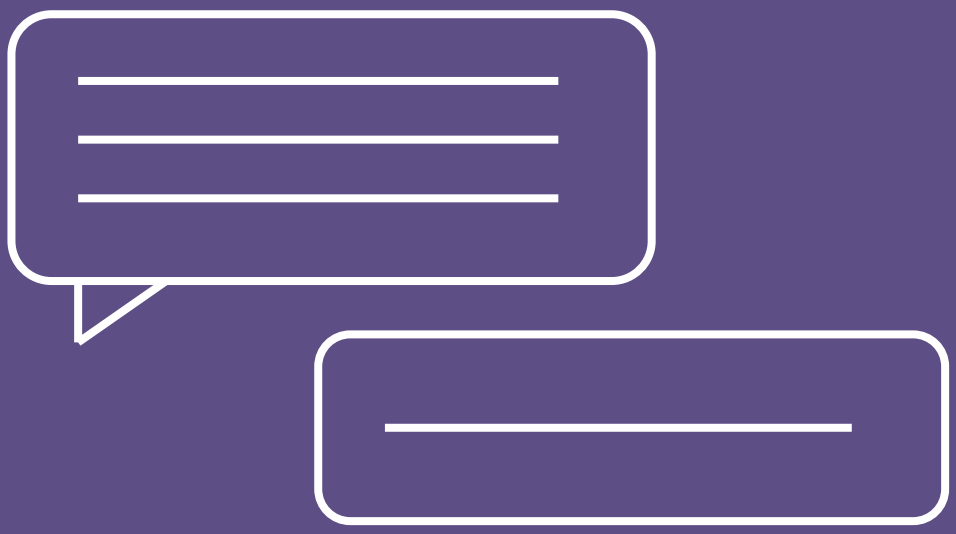
BOOKCHOWK / PRACTICAL MINI BOOKS

The Quiet-Time Agreement

Discuss rest, focus and shared space without expecting people to read minds



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10 focused pages + editable companion | 12 November 2026

One useful result

Discuss rest, focus and shared space without expecting people to read minds. Work through one lesson at a time, then use the three printable worksheets on a real, low-stakes situation.

Your route through this mini book

1. Describe the need and the setting

2. Make the request specific

3. Agree exceptions and a signal

4. Review the trial fairly

Read the lesson, compare the worked example and complete the action. Pages 7-9 are writing sheets; page 10 helps you review the result. The editable Markdown companion contains the same prompts for reuse in a notes app.

For adults 18+. Voluntary everyday communication exercises only. Where there is fear, coercion or abuse, prioritise individual safety and support over a shared worksheet.

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Describe the need and the setting

Choose one ordinary situation where rest or concentration is difficult. Describe the time, space and practical need without labelling another person as inconsiderate. Each adult may have legitimate needs that overlap. Begin with a short, voluntary discussion at a workable time. This workbook is for everyday household agreements, not situations involving fear, coercion or abuse; a joint exercise may be inappropriate where someone cannot safely disagree.

Worked example

One adult works on a report after dinner while another enjoys a television programme. The first need is a clear focus period; the second is leisure time. Naming both makes options easier to discuss.

Try it now

Each person writes the need, the relevant time and one practical constraint. Compare the descriptions before proposing a rule.

NOTICE → CHOOSE → TRY → REVIEW