

Anger Barometer

Use this worksheet to identify the triggers and cooling down factors to help manage anger reactions.

Anger Warning Signs / Triggers
<p>Physical:</p> <ul style="list-style-type: none"> • Knots in your stomach • Clenching your hands or jaw • Feeling clammy or flushed • Breathing faster • Headaches • Pacing or needing to walk around • "Seeing red" • Having trouble concentrating • Pounding heart • Tensing your shoulders <p>Cognitive:</p> <ul style="list-style-type: none"> • Obsessing about being wronged or unfairly judged • Making rigid demands about how things "should or must be" • Seeing things in black and white terms • Focusing on and inflating the unfairness and injustice • Mind reading and jumping to conclusions without checking the facts • Drawing negative inferences about other people's intentions • Looking for things to get upset about • Attributing blame • Dwelling on, imagining or replaying negative scenarios • Using the situation to label other people as lazy, incompetent, corrupt or Malicious <p>Behavioural:</p> <ul style="list-style-type: none"> • Continuous ruminating and replaying negative scenarios • Criticising or insulting others • Jumping to your own defense rather than acknowledging feedback • Looking for problems • Testing tolerance levels or breaking points • Telling yourself that you have to be right • Pointing out errors or problems • Raising your voice and shouting • Getting physical with objects or other people <p>Situational:</p> <ul style="list-style-type: none"> • Reduced sleep or rest • Over-indulgence • Over-working • Insufficient relaxation / recreation time • Low rewards • Confined environments / restricted space • Dehydration / poor diet • Lack of physical activity



Cool-down / Defusion Techniques
<p>Physical:</p> <ul style="list-style-type: none"> • Physically shake it off • Take regular exercise • Practice Multimodal Relaxation • Exercising Assertiveness - fighting fair <p>Cognitive:</p> <ul style="list-style-type: none"> • Time-lining – identify unresolved beliefs or images • Reality checking – Get things back into proportion • Catch it > Check it > Change it > Notice the thought and ask yourself "How does this help me?" "What is a more realistic way of seeing this?" "Do I trust myself enough to let go of the anger now?" • Thought back-tracking – what was the thought before the hot thought? • Thought Defusion - occupy the same thinking space from a different vantage point – Being the thought > seeing the thought > notice seeing the thought... • Express the rule as a preference – the anger antidote! • Way one and way two — acting according to my values not vulnerabilities <p>Behavioural:</p> <ul style="list-style-type: none"> • Withdraw from the situation • Take a walk • Apply the three second rule • Paradoxical Spiking –inflate the anger spikes to habituate the reaction • Massed exposure exercise – record/replay negative thinking patterns <p>Emotional:</p> <ul style="list-style-type: none"> • Identifying the feeling behind the feeling – what does anger protect you against? • Emotional swapping e.g. anger for annoyance • Emotional tolerance – surfing the feelings until the tide recedes • Practicing the art of compassion or forgiveness <p>Imaginal / Mindful:</p> <ul style="list-style-type: none"> • Count backwards from 100 and watch the Barometer • Use abdominal breathing • Practice calm colours breathing visualisation • Locate and shift the tension to your feet • Focus on the breath • Undertake body scan • Silent Mantra, self-affirmation and meditations • Sit with open hands and open mind • Shifting Focus of attention • Slow motion focus • Non-doing – using the five senses • Centering • Self-soothing