

Exercise sheet

ANGER



Emotion	Body	I think differently	I act differently	Imagery
<p>What emotion am I feeling?</p> <p>What am I thinking about?</p>	<p>What do I notice in my body?</p>	<p></p> <p>I breathe.</p> <p>What were the triggers?</p> <p>How could I see things differently?</p> <p>What would I tell someone else in the same situation?</p> <p>Is my reaction appropriate to the scale of the event?</p> <p>Take a step back!</p>	<p>What's the most effective action?</p> <p>What will be best for me, for others and for the situation?</p> <p>Is it in line with my principles and values?</p>	<p>If this emotion had a colour, what would it be?</p> <p>What shape would it be?</p> <p>What size?</p> <p>What is its consistency?</p> <p>If I felt better, what colour would it be? And its shape? Its size?</p> <p>Its consistency?</p> <p>I note this sensation now.</p>

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<p>Anger It's not fair. Other people are bad. I won't put up with it.</p>	<p>Response Adrenaline - the body's alarm system activated to fight or flee. Emergency reaction: Attack</p>	<p>I feel I'm being treated unfairly, but perhaps they didn't mean it that way. Have I misunderstood things?</p>	<p>I breathe in, I breathe out. Breathe in, breathe out. I'm going to step away or approach slowly. When I feel calmer, not aggressive but assertive.</p>	<p>I visualise that I'm dealing with this situation in a calm and non-aggressive, but assertive way, respecting the rights and opinions of everyone involved. I visualise blue for calm, green for balance. I breathe in green/blue and I breathe out red.</p>
<p>I practise</p>				