

Internal Anger Barometer

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

Anger Warning Signs / Triggers

Physical:

- 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

Cognitive:

- 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

Behavioural:

- 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

Situational:

- 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

Physical:

- Physically shake it off
- Take regular exercise
- Practice Multimodal Relaxation
- Exercising Assertiveness - fighting fair

Cognitive:

- 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

Behavioural:

- 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

Emotional:

- 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

Imaginal / Mindful:

- 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