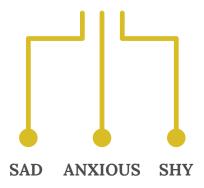
## WHAT TO DO WITH YOUR ANGER

What is the Vulnerable Emotion Driving the Anger?



Why is this situation eliciting this emotion?  Is there an underlying past experience that is causing this situation to feel bigger?  Do you feel comfortable or safe to express your vulnerable emotion? YES NO If no, why not?  Is your anger righteous and justified? YES NO How intense is your anger?  1 2 3 4 5 6 7 8 9 10 What tool can you use to distract yourself from your current thoughts and emotions?	Is there a physical reason for this emotional re	action?	Y	ES	1	NO
Is there an underlying past experience that is causing this situation to feel bigger?  Do you feel comfortable or safe to express your vulnerable emotion? YES NO If no, why not?  Is your anger righteous and justified? YES NO How intense is your anger?  1 2 3 4 5 6 7 8 9 10 What tool can you use to distract yourself from your current thoughts and emotions?						
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Is your anger righteous and justified?  How intense is your anger?  1 2 3 4 5 6 7 8 9 10  What tool can you use to distract yourself from your current thoughts and emotions?	If no, why not?					
What tool can you use to distract yourself from your current thoughts and emotions?						
	How intense is your anger?	1 2 3	4 5 6	7	8 9	10

## WHAT TO DO WITH YOUR ANGER Vulnerable Emotions Word Bank

SAD: depressed, down, disappointed, rejected, abandoned, bored, hurt, blue, grieving, forlorn, unhappy, sorrowful, dejected, miserable, despondent, despairing, mournful, heartbroken, crestfallen, melancholy, subdued, woebegone, lonely

ANXIOUS: nervous, worried, fearful, overwhelmed, scared, frightened, concerned, uneasy, apprehensive, distressed, tense, jumpy, disquieted, bothered, worked up, keyed up, disturbed, edgy, jumpy, fretful

SHY: embarrassed, insecure, self-conscious, timid, bashful, inhibited, mortified, reserved, reticent, introverted, repressed, humiliated, chagrined, awkward, sheepish, ashamed

## WHAT TO DO WITH YOUR ANGER Behavioral Distraction Tools

The tools to address anger also becomes dependent upon how angry you are. The greater the intensity - often the more physical the tool needs to be.

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- Read
- Garden
- Draw
- Sing
- Go for a run
- Deep breathing
- Hold ice
- Journal
- Rock climb
- Get a message
- Cook a meal
- Watch a movie

- Muscle relaxation
- Take a bath
- Read
- Pray
- Workout
- Stretch
- Talk with a friend
- Boxing
- Shred paper
- Go hiking
- Paint
- Target practice
- Go for a drive

and decrease your anger.

Add more tools that you have found to be beneficial to distract