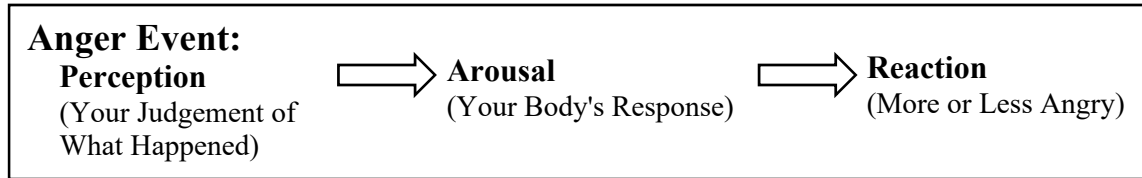


Time Out Exercise - Anger Paradigm

Alyce LaViolette, 1995

www.AlyceLaViolette.com



Body Signals - Does Your:

Stomach churn or get in a knot

Shoulders tighten

Heart beat faster

Body feel hot

Jaw clench

Reaction:

1. When you recognize your signal (fuse), you can leave the situation physically and/or mentally.
2. If the energy is big, leave and do a non-aggressive physical cool down (e.g. active walking, jogging, lifting weights, isometrics, dancing, shooting baskets, riding a bike).
3. As you cool down physically, begin a cognitive cool down. Practice thinking differently. Practice positive self talk. You might say, "I don't want to hurt or scare anybody. I want to solve a problem." Or "I want to cool off." I don't want to feel bad about when I do - I don't want to feel guilty. I want to handle things better."
4. Go back to your perception (how you see it) and look at alternate ways of seeing the situation. This is a good time to empathize and not to blame.
5. Work on problem solving - doesn't have to mean confrontation. Remember, anything you want to get good at, you have to work on improving. Practice, practice and practice. You will develop a new way of thinking.
6. Go back to person (if you still feel you need to) and work on solution.