

Anger Management Exercise

Anger builds up, but there are some **warning signs** that you can use to bring your tension levels down before you reach the point of no return.

It is important that you learn you can decrease your anger **before** it gets too high by using relaxation techniques. It's important to learn and **practice** these things now, because as you know, it's very hard to think clearly when you're actually angry. You need a contingency plan all worked out so that you can recognise the signs and do something about them.

1. *Choose a situation from the past two weeks that has left you feeling annoyed, don't choose something that made you really angry for your first go at this. Pick something that only made you go up to a 5 or so out of 10.*
2. *Close your eyes and try to recall what happened in as much detail as you can. Re-run the situation in your mind as if you are watching a movie of the event.*
3. *Notice carefully what your body is doing. Notice any tension, and where it starts in your body. Try to monitor your tension level as it rises. Notice your breathing rate, heart rate, and feelings of increased strength. Notice how your jaw feels, if your neck hurts, if your hands clench. Also notice how you become preoccupied with the thoughts of the event. Notice whether angry thoughts start to flash through your mind.*
4. *Rate your tension and anger level out of 10*
5. *Now use your relaxation strategies to reduce your physical arousal level. Keep using these strategies until you reduce your physical arousal by 50%.*
6. *After relaxation, rate your tension and anger level out of 10.*
7. *Scan your body. If you notice any tension focus upon it, and allow the tension to ease away. Breathe slowly and calmly, and allow the tension to relax.*
8. *Re-rate your anger and tension level **right now** out of 10.*
9. *Make a note of the sensations that you felt in your body as your anger increased while you were picturing the incident.*