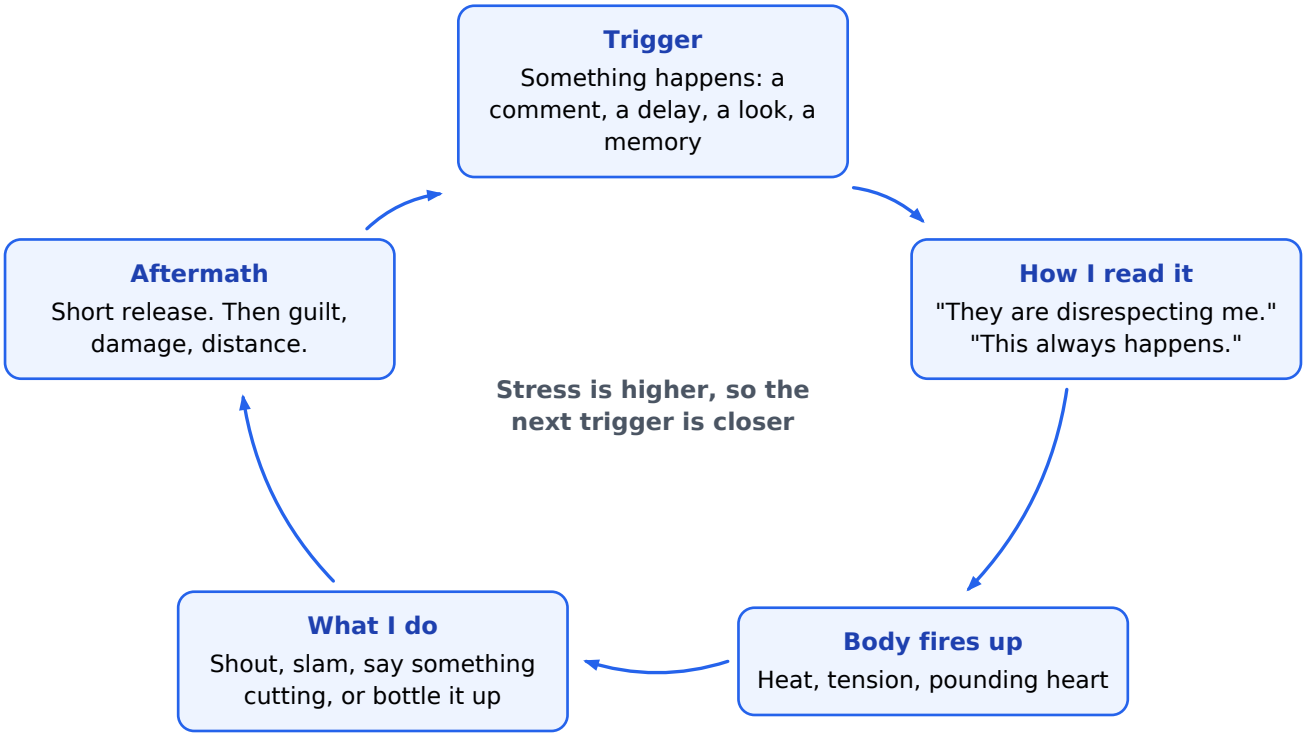
The anger cycle

How anger builds from trigger to outburst, and where you can interrupt it.



Three things that speed it up

- **Being run down.** Tiredness, hunger, pain, stress and alcohol all lower the threshold.
- **How you read it.** Your reading of the trigger decides how angry you get. "He is an idiot" and "He did not see me" lead to different reactions.
- **Rehearsing.** Going over the wrong again and again keeps the body fired up for hours.

Where you can interrupt it

1. **Before:** look after the basics, and know your triggers.
2. **At the first signs:** notice the heat rising and name it. "I am getting angry."
3. **At how you read it:** ask what else might be going on.
4. **At the peak:** take a time out. Nothing useful is said above a 7 out of 10.
5. **Afterwards:** repair, and work out what you would do differently.

> **The gap**
> There is a gap between the trigger and what you do, even if it is only a second. The work is to make that gap longer.

My notes and questions

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Anger diary

A record of when you got angry, what you did and what happened next.

Name _____ Date _____

Date and time	What happened	Anger (0 to 10)	What I told myself	What I did	What happened next

Patterns I notice (who, where, when, what state I was in)

A time this week I handled it well. What did I do?

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