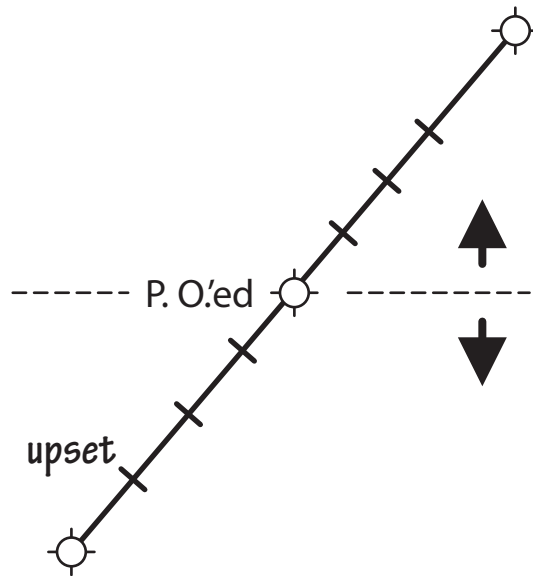


INSTRUCTIONS

Turning my 'Anger Line' into an 'Anger Ladder'

1. Turn your 'Anger Line' into an Anger Ladder



- Assign feeling words to different points on the line (e.g. 'upset').
- Use the 'Mad' list (below right - Fig. 1)

NOTE:

Middle of line is called 'P.O.'ed.

When **below**, it means "I'm in control of my anger".

When **above**, it means "I'm not in control of my anger".

- Now your line will have words on it.

2. Assign 'Body Signs' to each word where possible.

- go to your ladder word
- think what you do or feel at that point on the ladder
- decide if it is internal (invisible) or external (visible)
- write that word on the corresponding side.

NOTE: Hints for 'Body Signs'

nausea, tight muscles (chest, neck, shoulders, jaw, buttocks, etc.)

butterflies, headache, breathing changes,

heart rate, pulse, face muscles, eyes,

body temperature, shaking, clenching,

... and many more.

Fig. 1

Mad

A Little

Bothered
Ruffled
Irritated
Displeased
Annoyed
Steamed
Irrked
Perturbed
Frustrated
Angry
Fed Up
Disgusted
Indignant
Ticked Off
Bristling
Fuming
Explosive
Engraged
Irate
Burned Up
Outraged
Furious

A Lot

