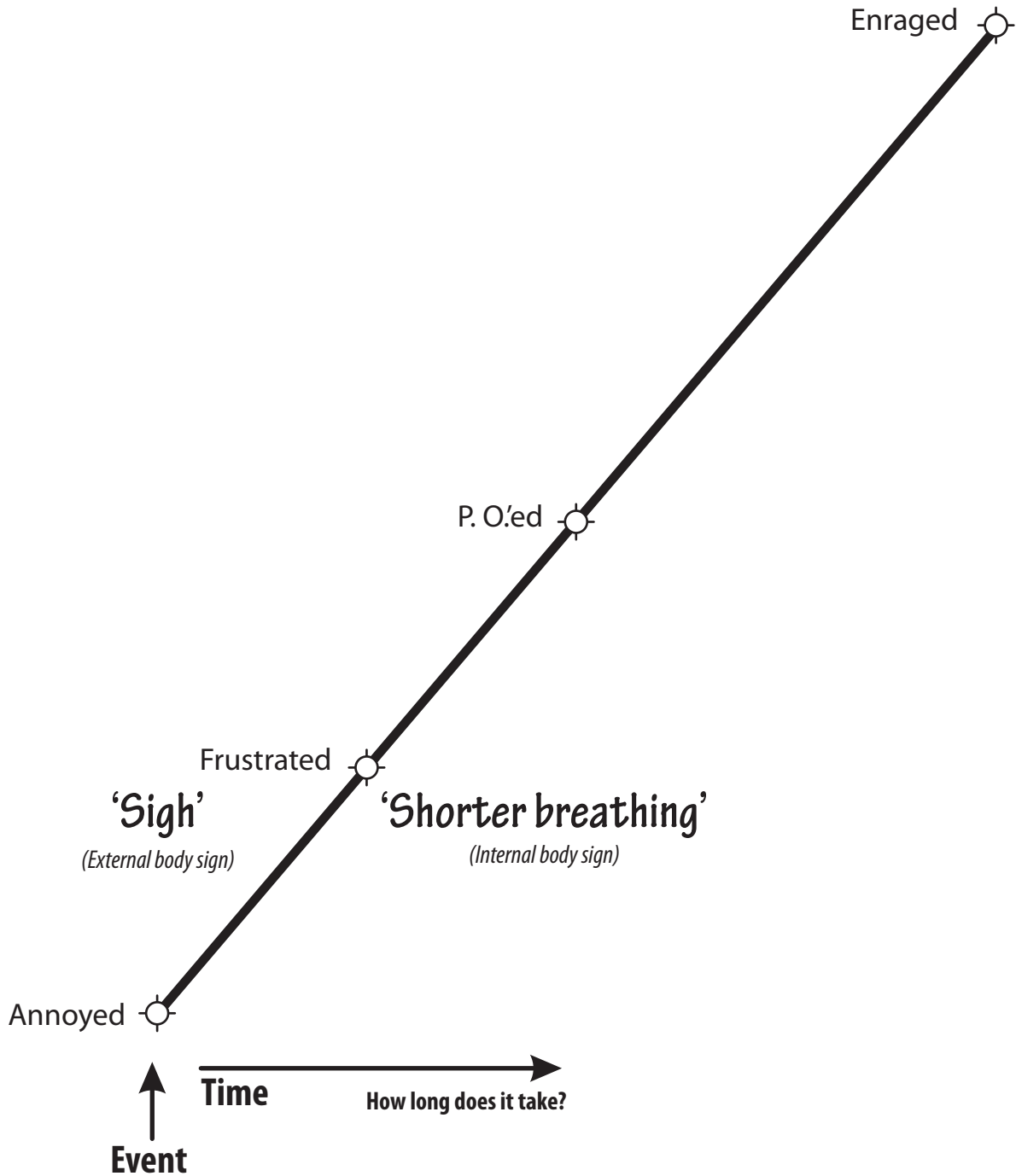


## DIAGRAM

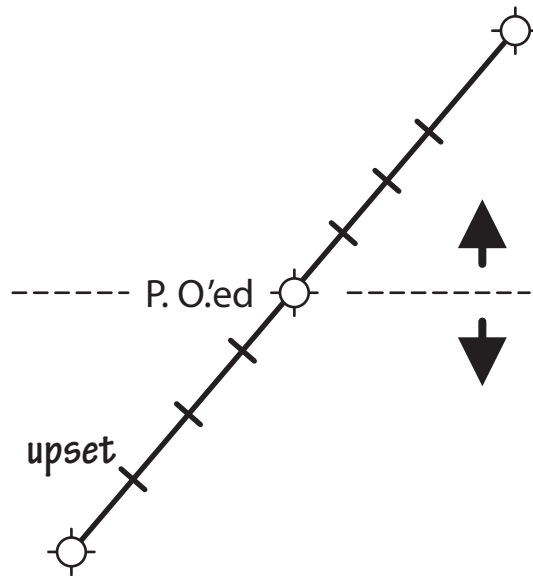
Turning my 'Anger Line'  
into an 'Anger Ladder'



## 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

