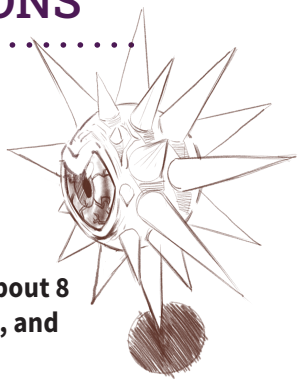
Step Out of Anger

INSTRUCTIONS



5 Steps to Prepare

After filling out your "Tracking and Taming the Anger Monster" tracking sheet, choose a reoccurring anger situation to play this "Step Out of Anger" brain-reprogramming game. You will need a pen and the five "footprint" papers that follow this instruction sheet.

Go through each footprint sheet and fill them all in. Once done, place the papers on the floor about 8 inches apart and begin. Step on each, reciting the word you chose for each. You can go in order, and then change it up as you learn them.

Then, continue to practice:

1. **Step on paper #3**
   Use your "Reducer;" think your "Reminder" word, and feel calmness take over your body.
   Make a body pose that shows complete calm.

2. **Step on paper #4**
   Do a body pose that represents your "New Planned Response."
   Visualize yourself doing it, and notice how good it feels.

3. **Step on paper #5**
   Do a body pose that represents feeling very pleased with yourself.
   Think of how that body pose makes you feel.

4. **Step on paper #1**
   A: Think of the "Trigger."
   B: As soon as you have it in mind, step on paper #2 "Cue" and let the feeling of anger just barely begin.

5. **Immediately step on paper #3**
   Use a "Reducer," do your calm pose, and think of your "Reminder" word.
   As soon as you are calm, step on the next paper.

6. **Step on paper #4**
   Do your pose, and visualize yourself successfully doing your "New Planned Response."

7. **Step on paper #5**
   Feel very pleased and think of your anger being tamed by your new response.

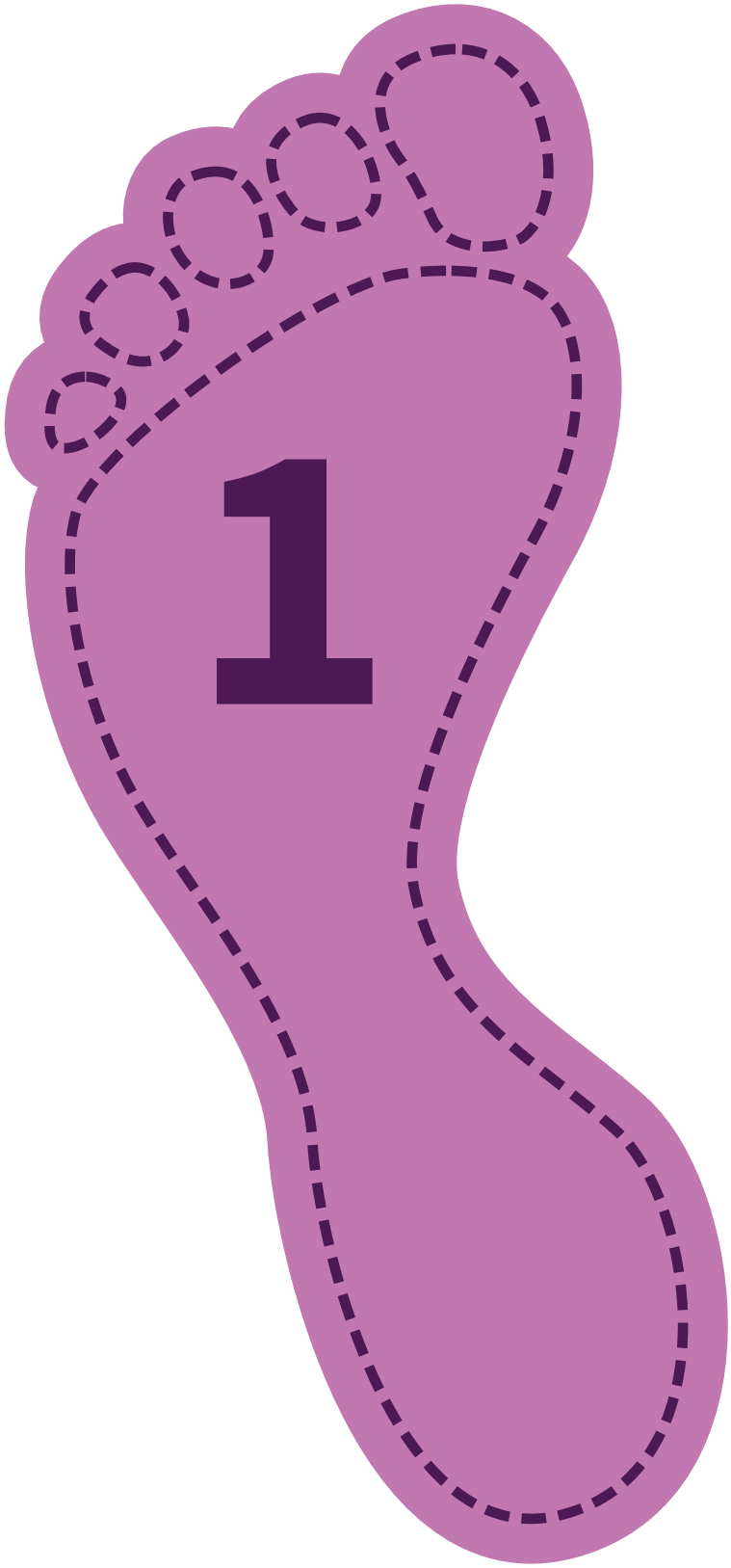
8. **Repeat this process going from paper #1 to paper #5 several times**, getting faster each time. Then, do it again, without the papers, fluid—like in a dance.

9. **Now, standing still**, use only mental images and tiny hand motions or small foot movements that you could use if you became angry in a real-life situation. Repeat this micro-version several times daily until you can use your "New Planned Response" automatically in real life.

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Strengthening Families Program by Dr. Karol Kumpfer

Step Out of Anger



What is your "Trigger"?

_____

_____

_____

_____

A "Trigger"is a one-word description of the thing or grievance that triggered your anger. Write a new trigger here any time one comes up, and practice with that trigger.

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Step Out of Anger



What is your "Cue"?

A cue is the first body signal you feel when you begin to get angry (flushed cheeks, tight throat, fast heartbeat, etc.).

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Step Out of Anger

Write the "Trigger"—a one-word description of the thing or grievance that triggered your anger.



What is your "Reducer"?

A Reducer is a physical act, like a deep nose breath, to calm your body's anger response

What is your "Reminder Word"?

A Reminder Word is a word used to calm "hot thoughts"

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Step Out of Anger



What is your "New Planned Response"?

Write one word to describe your "New Planned Response."

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Step Out of Anger

Write the "Trigger"—a one-word description of the thing or grievance that triggered your anger.



What is your word for feeling very pleased with yourself?

Write a word that means you are feeling a big confident win. Also, make up a pose that means the same! It might be puffing your chest up, doing a power pose (arms up and strong, legs out), or anything else that makes you feel confident or like you just won.

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