

Notice Anger Earlier

15-20 minutes. Choose a mild everyday frustration or a fictional example. You can skip any prompt. Anger is a feeling; you remain responsible for your actions.

1 / What happened?

Describe what a camera would have recorded. Leave out guesses about intentions.

2 / What did I notice first?

Body cues, thoughts, feelings, or urges. Example: tight shoulders, "I am being ignored," speaking faster.

3 / How strong was it?

My intensity from 0 (none) to 10 (highest): ____ . What is a sign I can notice before it gets there?

4 / What was my interpretation?

What meaning did I give the event? What else could be true without excusing harmful behavior?

My Pause & Repair Plan

The aim is a safer, more deliberate response. A pause is not a punishment, threat, or way to control someone else.

5 / My early action

When I notice _____, I will _____. Choose a safe pause, grounding, or staff support.

6 / Words I can practice

Try: "I need a pause to settle. I can check back at ____ if it is safe and appropriate." In a program, follow staff directions.

7 / My next responsible step

What can I say, clarify, or repair once calm? Respect the other person's choice about contact.

8 / Practice once, then review

By _____ I will practice _____. What happened? What helped? What will I adjust?

Safety first

If there is a threat of harm, get to safety and follow your program's procedures; call 911 for immediate danger. This sheet is not a violence assessment or a substitute for specialized care for abusive behavior.