

## Anger TTP - ROR

1. Relax
2. Observe the Deeper Emotion
3. Re-assess

**Relax.** Calm yourself down. Distortions and exaggerations of reality come in to play when intense emotion runs unchecked. Try visualization (Happy Gilmore's "happy place"), diaphragmatic breathing, centering prayer, meditation on God's word, or Heart-Math's eM-Wave breathing / heart rate synchronization tool. Do what is needed to intentionally calm down.

**Observe the deeper emotion.** Anger is a reduction of deeper, harder to identify emotions. Deeper emotions could be: betrayal, hurt, envy, jealousy, frustration, irritation, etc. Anger can not be processed until the deeper emotion is identified and comes out (spoken or written). Notice the deeper feeling from your relaxed place.

**Re-assess.** After you calm down and identify the deeper emotion, try to see the situation from a calm, centered perspective. Ask yourself any / all of the following that apply:

- Did he (or she) really mean what I think I heard them say? Am I assuming something that needs to be verified?
- Is this situation as terrible as it feels right now? Am I possibly exaggerating its significance? taking it too seriously?
- Is my notion of this person's being unfair to me more a reflection of my self-interested bias than the other person's trying to take advantage of me? Are *their* interests or concerns maybe just as important, and legitimate, to them as mine are to me?
- Can I re-focus my attention on what I actually *like* about this person—and stop focusing exclusively on this particular behavior, which clearly I *don't* like?
- What's the concrete evidence that he (or she) intentionally wanted to antagonize, hurt, or humiliate me? Am I taking this more personally than warranted?
- Can I see this situation from the other person's point of view (i.e., try to understand their motives more empathically)?
- Might this person's hard-to-take criticism have some rational basis to it? Is there something I can learn from it that, ultimately, might help me?
- Is it possible I was misunderstood? Is it maybe *my* fault that the person failed to "get" what I was trying to communicate, and so reacted negatively to me? And if they're just "dense," do I really want to blame them for this?
- Am I taking what this person said too literally? Might they simply be kidding around—and it's really my own insecurities or self-doubt that's making me upset?
- If this person really *is* being inconsiderate, mean, or nasty to me, have I also seen them act this way toward others? Can I remind myself that basically this is *their* problem, not mine—and that I'm much better off simply not taking what they say to heart?