ANGER | PAUSE BEFORE RESPONDING

Anger is a signal, not a command. Notice it, lower the intensity, and choose a response that fits your values.

Notice my warning signs

What happened? What do I notice in my body (jaw, hands, chest, breathing)?

Rate my anger

Right now my anger is ___ / 10. What thoughts are increasing its intensity?

Practice STOP

STOP. Take a step back. Observe. Proceed mindfully. What could help me pause safely for 60 seconds?

Check the need beneath the anger

Do I need respect, rest, safety, space, fairness, or a boundary? What is the specific need?

Choose an effective response

I can say: “I feel _____ when _____. I need _____. Can we _____?”

My next small step

What will I do in the next 10 minutes? Re-rate my anger: ___ / 10.

Educational self-regulation tool, not a diagnosis or substitute for therapy. If you may act on thoughts of harming yourself or

someone else, seek immediate in-person emergency help