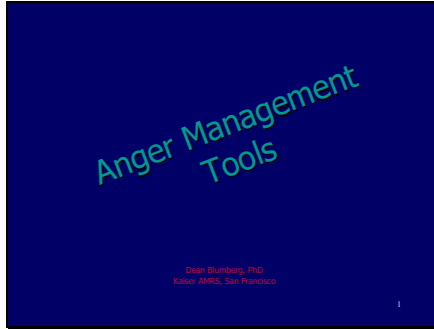


Slide 1



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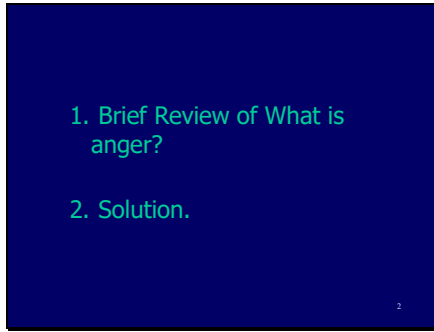
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Slide 2



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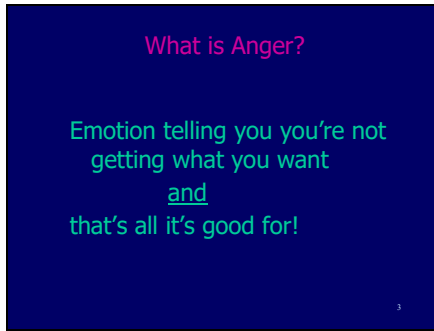
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Slide 3



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Slide 4

Anger is Referred to as a . . .  
Secondary Emotion

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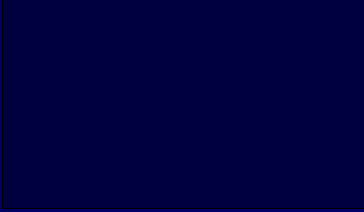
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Slide 5

How Do You Know Your Angry?



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Slide 6

Moving Toward Solution

Anger is a Sign to Stop!  
The Sooner You Stop  
The Easier and Better



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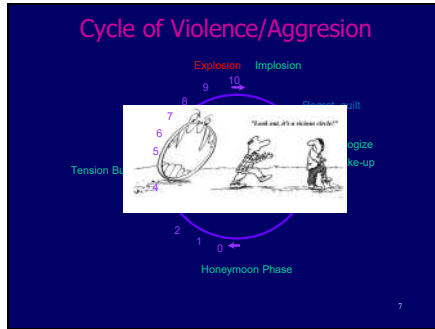
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Slide 7



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Slide 8

### Solution

The "STOP" part of the brain:

Then . . .

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Slide 9

### Solution

### Name It To Tame It\*

- "I'm Pissed Off."
- Label it for what it's telling you:
- "I'm angry because this is not what I want!"

AMYGDALA

"Dude, It's Ok. Chill Dude!"

AMYGDALA

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Slide 10

Solution

### Talk It Out Rather Than Act It Out\*

- "I'm Pissed Off because I'm powerless over . . ."
- Remember what Mick Jagger told us:

Pathways



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Slide 11

Solution

### When Angry: Stop



Use the 3 R's:

1. Relax
2. Re-valuate
3. Respond Rationally

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Slide 12

Solution

### When Angry: Stop



Use the 3 R's:

1. Relax
  - Ways to calm down?
2. Re-valuate
  - What is my goal in this interaction?
  - Do I want to preserve this relationship, and if so, how?
  - How do I preserve my self-respect?
3. Respond Rationally

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Slide 13

Solution

**Formula Time Out**



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Slide 14

**TIME OUT FORMULA**

**1. WHEN YOU ARE BEGINNING TO GET ANGRY (ANGER LEVEL 3 OR 4 OR EARLIER) SAY:**  
 "I feel \_\_\_\_\_"  
 (State your feelings, examples: frustrated, hurt, scared, rejected, lonely, etc.)  
 about/because \_\_\_\_\_"  
 (Describe the behavior or situation that is a problem for you.)

**2. STATE CLEARLY:**  
 "I am taking a TIME OUT."  
 "I'll be back in \_\_\_\_\_"  
 (How long? 15 minutes, 30 minutes, 1 hour, NO LONGER THAN 2 HOURS.)

**3. LEAVE AND WALK:** Do not take drugs or drink. Negative self-talk makes your anger rise. Turn it around. Use recovery slogans and positive self-talk to calm yourself.  
 Examples: "Turn it over." Remind yourself of ODAT. Call your sponsor or another recovering person. Recite the Serenity Prayer. Read p. 449 in the Big Book of AA.  
 Remind yourself, "I'm angry because I'm not getting what I want." "I'm in control of myself." "I can let go off my anger." "I do not have to angry about this."

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Slide 15

**TIME OUT FORMULA**

**4. PROBLEM SOLVE:**  
 Think of 2 or 3 alternatives to the problem.

**5. COME BACK** within the time you stated.

**6. ASK THE PERSON:**  
 "Is this a good time to talk?"

**7. IMPORTANT:**  
 If you find your anger returning, repeat the TIME OUT!

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Slide 16

- The purpose of a TIME OUT is to avoid being physically, emotionally or verbally abusive.
- TIME OUT's allow you to take responsibility for your anger and be in control of yourself.
- TIME OUT's are opportunities to rebuild the trust in your relationship.
- Trust is built by coming back from your TIME OUT on time.
- TIME OUT's allow you to change the negative self-talk into POSITIVE SELF-TALK.
- It is important to LISTEN to the other person's suggestions for solving the problem.
- TIME OUT's build LOVE, RESPECT, TRUST and COMMUNICATION in the relationship.

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Slide 17

Prevention

### Ongoing Self-Care

Maintenance:  
Total Abstinence  
Recovery Program  
Good Self-care:  
Enough sleep.  
Eat well & enough,  
Exercise, etc.,  
Fun  
Relaxation  
Meditation/Yoga

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Slide 18

Prevention

### Acceptance Practice

Practice the  
Serenity Prayer

The Paradox of Acceptance

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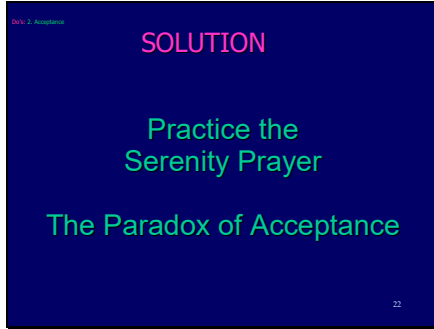
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Slide 22



**SOLUTION**

Practice the  
Serenity Prayer

The Paradox of Acceptance

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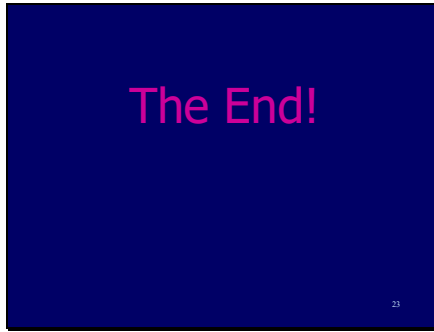
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Slide 23



**The End!**

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