

THE TOWER OF ANGER

Imagine for a moment that your anger is like a 10-story building. There is an **UP ESCALATOR** and a **DOWN ESCALATOR** on each side of this building. When you are escalating and have the potential to become explosively angry, it is as if you get on that **UP ESCALATOR** and simply allow it to carry you along to the top of the building. When you allow yourself to get to the 10th Floor, you often end up “going through the roof.” When you make the choice to calm yourself and de-escalate, you are getting on the **DOWN ESCALATOR**, and you head to the 1st Floor, where you are less agitated, more relaxed, more centered, and more peaceful. Your cues and triggers on the *ESCALATION PREVENTION PLAN* can help tell you when you are riding on the **UP ESCALATOR**. Your *DE-ESCALATION STRATEGIES* from the *EPP* and the *ANGER TOOLBOX* are the specific methods you can use to help you get to and then actually use the **DOWN ESCALATOR** to head down to the 1st Floor.

- **LEARNING TO HANDLE YOUR ANGER MORE EFFECTIVELY MEANS:**

- 1) becoming more aware of what floor you are on in the *Tower of Anger* at any given moment,
- 2) realizing when you are continuing to escalate and are on the **UP ESCALATOR** heading to the top of the building, and
- 3) making the clear and conscious decision to step off the **UP ESCALATOR**, move over to the **DOWN ESCALATOR**, and then get on it and actually work to de-escalate and calm yourself down.

- **START ASKING YOURSELF (when you're getting angry): “WHERE AM I IN THE ‘TOWER OF ANGER’ AT THIS MOMENT AND AM I ON THE ‘UP ESCALATOR’ RIGHT NOW?”**

