

AN ESCALATION IN ACTION

(Over The Course Of A Day)

+ = Dave's cues and triggers

- +Dave finally gets home and walks in the front door and then sees the kids' toys strewn all over the living room floor...Guess who becomes the **TARGET** of the escalation that has been building for Dave all day.
- +There is an accident on the way home from work/traffic is completely stopped/it's very hot and humid and the air conditioning in the car stops working/Dave starts to worry again about the car and his financial situation and broods about how things in his life will probably never get any better
- +The computer system at work crashes in the afternoon, further delaying critical work that absolutely has to get done on the project he's currently doing
- +A good friend is 25 minutes late once again to their lunch date (Dave says nothing but stewes about his friend's "rudeness" the rest of the day)
- +Dave's boss is harsh and shaming about Dave's work on the project and won't listen to Dave's concerns and explanation for what's going on with it
- +Dave is late to the meeting/his boss stares at his watch and rolls his eyes/Dave frets about whether his boss really respects him and the work he is doing for the company
- +The morning rush hour is awful/Dave worries about being late to an important meeting the first thing in the workday with his boss and feels anxious about talking about a current project he's working on
- +Dave has trouble starting the car/he begins to fret about having to put even more money into this "piece of junk" he has to drive around and then begins to get mad that he doesn't make enough money to buy a new car or even get by comfortably in his life and starts to think about himself as a "loser"
- +The kids are dawdling about getting up, getting dressed, and eating breakfast/they barely make their bus/Dave is feeling stressed and agitated because he doesn't want to have to drive them to school again
- +Dave peers in the bathroom mirror and says to himself, *"Damn it, are you ever getting old! You look awful. Why the hell can't you lose some weight and keep yourself up better?"* He thinks about when he was younger and in good shape and then feels bad about himself and how he is living his life.
- +Dave has to roll out of bed at 6 AM/he hates having to get up that early in the morning and isn't looking forward to the work day at a job he doesn't particularly like

BOOM!!!!



Dave blows up, screaming at his kids, *"Damn it, why can't you little brats ever pick up after yourselves? I can't stand it that you make me live in this pigsty! I hate having to put up with all your stupid messes!"*

Stress

Time