

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 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 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?”***

