

AN ESCALATION IN ACTION

(Over The Course Of A Day)

+ = Dave's cues and triggers

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 your stupid messes!”

+Dave finally gets home, 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 and 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 his job crashes in the afternoon, further delaying important work that absolutely has to get done on the project he's currently focused on

+A good friend is 25 minutes late once again to their monthly lunch date (Dave says nothing to him but stews about his friend's "rudeness" the rest of the day)

+Dave's boss is harsh and critical 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 that he is doing for the company

+The morning rush hour is terrible/Dave worries about being late to an important meeting the first thing in the workday with his boss and feels anxious about having to discuss a project he's currently working on that has some problems

+Dave has trouble starting the car and he begins to fret about having to put even more money into this "piece of junk" he has to drive around; then he starts to get mad that he doesn't make enough money to buy a new car or even get by comfortably in his life; at that point, he starts to think about what a "loser" he is and how his life is "going nowhere"

+The kids are dawdling about getting up, getting dressed, and eating breakfast and they barely make their bus to school; Dave is feeling stressed and agitated because he doesn't want to have to drive them to their 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 his life is going for him at this point

+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

Stress

Time