


## WHAT'S IN YOUR "ANGER (aka LIFE-SKILLS) TOOLBOX?"

A major goal of this website is to help you put together your own "ANGER TOOLBOX" filled with the tools you can use to assist you in recognizing and handling your own anger more effectively and respectfully in your daily life. This is "also known as" a "LIFE SKILLS TOOLBOX" since effective anger management always involves "life management" in the broadest possible sense of those words. This toolbox corresponds to the *De-Escalations Strategies* section of the *Escalation Prevention Plan* and includes, attitudes, behaviors, strategies, and techniques that can be helpful in changing this part of who you have been in the past.

In essence, you are in the process of constructing a new "life space" for yourself and those around you, which is just like building a new home where you and others will live. This is a house where you and others can be safe and healthy. You will need some important tools to build that space. Directly below is a toolbox and some specific examples of tools you can use to make that happen. In **MY PERSONAL "ANGER (aka LIFE SKILLS) TOOLBOX"** on this website, you will find a place to write down the specific tools that you plan to use to build this new YOU.

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|---|--|---|---|---|
|    | <b>Journaling About My Life</b>                        |  |    | <b>Taking Respectful Time-Outs</b>      |
|    | <b>Doing Aerobic Exercise</b>                          |   |    | <b>Using <i>The Tower of Anger</i></b>  |
|    | <b>Noticing My Negative Self-Talk</b>                  |   |    | <b>Making Good Choices</b>              |
|  | <b>Staying Aware Of My Desire To Control Others</b>    |   |  | <b>Practicing Relaxation Skills</b>     |
|  | <b>Using Healthy Communication/Conflict Resolution</b> |   |  | <b>Practicing Healthy Eating</b>        |
|  | <b>Using <i>The Escalation Diary</i></b>               |   |  | <b>Getting Enough Sleep</b>             |
|  | <b>Being Aware of My Personal Escalation Process</b>   |   |  | <b>Having A "Quiet Space"</b>           |
|  | <b>Identifying My Anger Cues And Triggers</b>          |   |  | <b>Using Support Groups</b>             |
|  | <b>Having Friends And Confidant(e)s In My Life</b>     |   |  | <b>Using <i>The Serenity Prayer</i></b> |
|  | <b>Understanding Shame And Empowerment</b>             |   |  | <b>Remembering My Priorities</b>        |
|  | <b>Keeping Things In Perspective</b>                   |   |  | <b>Using Positive Self-Talk</b>         |
|  | <b>Learning To Like And Accept Myself And Others</b>   |   |  | <b>Using Positive Rehearsals</b>        |