

Anger Management: *Disengage without Damage*

BREATHE,
BREAK,
COMMIT

SLOW
DOWN,
BIG
PICTURE

TALK &
LISTEN,
CONTENT

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BREAK

- Either of you say: ***"I LOVE YOU TOO MUCH TO FIGHT. LET'S TRY AGAIN AT _____ (TIME) AND _____ (PLACE)."*** Then leave.
- If disagreement on time/place, do not negotiate. Person who leaves must propose time/place later.
- Do not follow. Do not say anything else.
- Use self-soothing techniques (breathing, shower, exercise, prayer, meditation, talk to friend, nature, hobby, anger worksheets, journal).

SLOW

- Take 3 slow deep breaths.
- Set aside current content.
- Both of you say ***"I LOVE YOU. LET'S SLOW DOWN."***
- Consider if a wound is triggered. Share wound.
- One person goes to listen/reflect only mode.
- Switch listener/talker.
- Offer comfort & empathy (touch, affirmation).
- Discuss if you need a break (red card) or can continue.

TALK

- Return to content
- Take turns with Reflective Listening
- Rate how strongly you feel (from 1 to 10)
- Offer options for real life experiments
- Discuss pros and cons of options
- Agree to experiment or set time to discuss later
- Check back in a week and review how experiment went