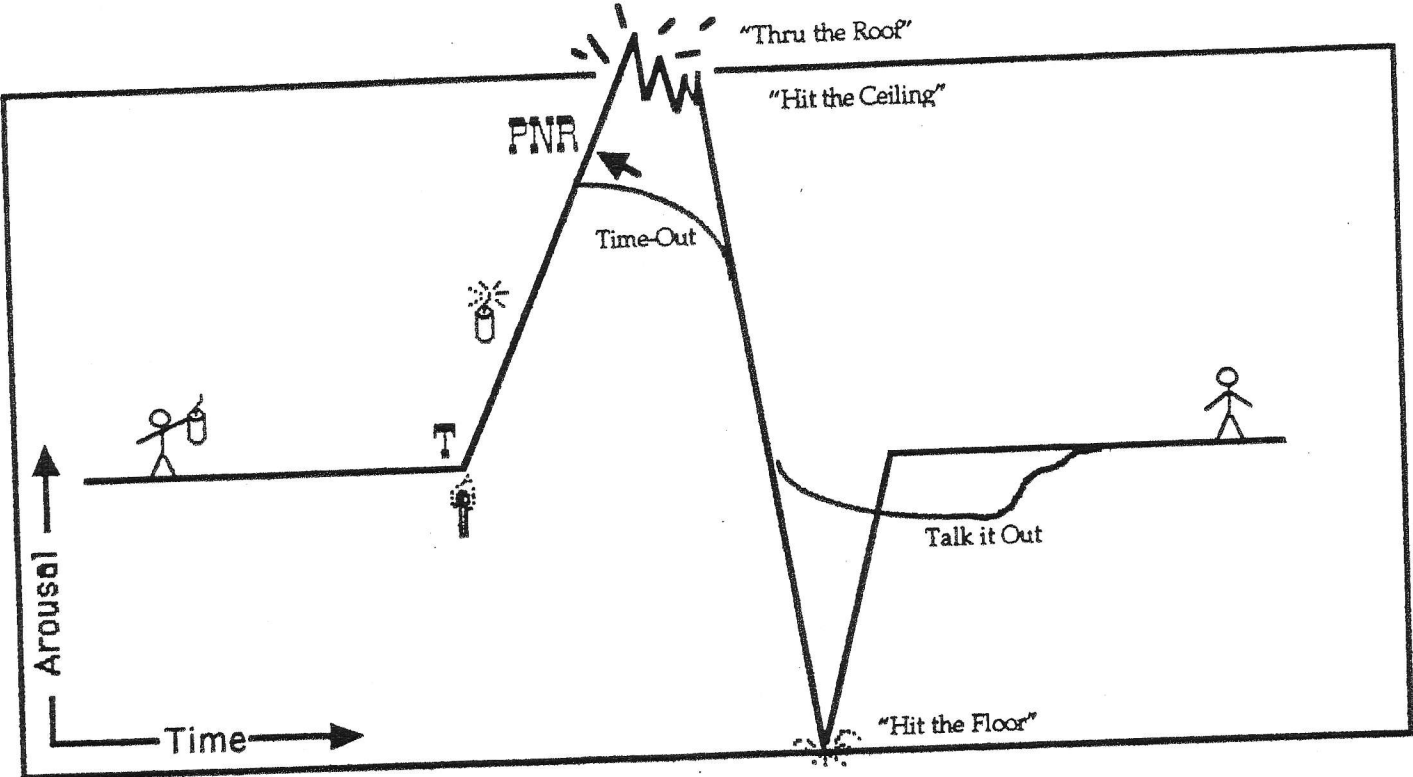



Arousal Mountain:
Understanding Anger, Anxiety, and Addictions



- Call a Time-Out 1-2-3**
- Use a sign and two words
 - State your need
 - Make a promise to continue

- For example:
- "T" sign & "Time-Out"
 - "I am getting very angry, I need to stop talking right now."
 - "I'll come back in ten minutes."





S it down
T hink!
O bserve
P lan

Where am I? What's going on?

What do I need right now? How can I ask for that?

Homework:

1. Learn and practice time outs early with little arousal.
2. Sit down {Really! sit down.} Memorize S.T.O.P. and write the O's
3. Make a list of your triggers. E.g.: "Ten things that I get angry about" 