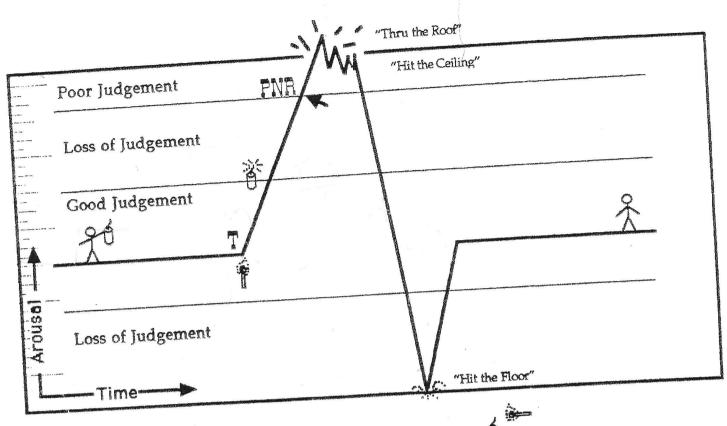
# Arousal Mountain:

Understanding Anger, Anxiety, and Addictions



When Arousal goes up — Judgement goes down

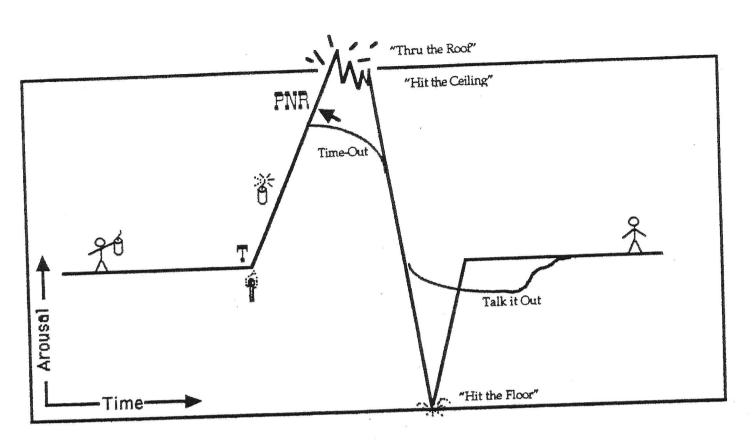
Homework:

To improve awareness and make use of good judgement, make three lists:

	7 9 3		
T What are my triggers?	How I know that I am getting upset?	What can I do during a time-out?	
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## 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 a	am	1?	What's	going	on?
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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"

