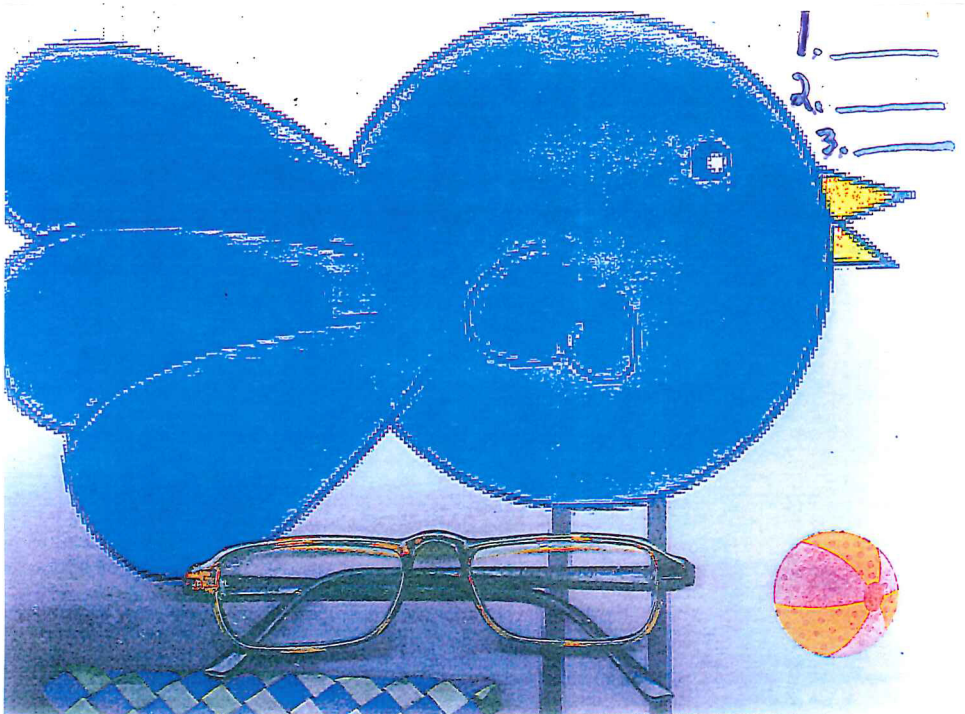


# Live Better Series: "I can live a vital and meaningful life."

"ACT: Healthy ways to address anger"

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**Bluebird:** I can live a vital, meaningful life. And, I accept I will sometimes have pain, and other times have joy, in my life.

**New Pair of Glasses:** to change my life, and grow in wisdom, I need to look at things differently.

**Beach ball:** I need to stop avoiding my life by pushing thoughts and feeling underwater. By being mindful, I will let my thoughts and feelings come up and accept them for what they are.

**Finger trap:** It is healthy for me to "accept what is as it is". When I struggle against "what is", I trap myself and cause suffering for myself. Accepting does not necessarily mean I like it.

**1, 2, 3:** I can live a vital and meaningful life by choosing and committing to values that are important to me—NIKE Therapy "Just do it!", make a plan, don't procrastinate, take action. Letting go and letting be is also a way of taking positive action.

Anger Consequences Questionnaire\* --How many times in the last 2 months, anger has made me:

- \_\_\_ depressed \_\_\_ anxious \_\_\_ felt like hurting someone \_\_\_ did hurt someone
- \_\_\_ hit someone \_\_\_ Feel like breaking something \_\_\_ Broke something \_\_\_ physical fight
- \_\_\_ get in an argument \_\_\_ trouble with the law \_\_\_ drank alcohol \_\_\_ used drugs
- \_\_\_ said nasty things \_\_\_ drove recklessly \_\_\_ overeat \_\_\_ kept to myself/isolated
- \_\_\_ hurt myself physically \_\_\_ hurt my job-career \_\_\_ felt physically ill \_\_\_ got into an accident
- \_\_\_ felt ashamed \_\_\_ felt guilty for what I said-did
- \_\_\_ made family-friends mad at me/afraid of me

Identify your 'trigger thoughts': people:

\_\_\_ ignore you \_\_\_ do not see or understand your needs \_\_\_ demand or expect too much  
\_\_\_ inconsiderate or impolite \_\_\_ take advantage of you \_\_\_ try to control you \_\_\_ are selfish  
\_\_\_ are stupid-thoughtless \_\_\_ criticize you \_\_\_ shame you \_\_\_ keep you waiting  
\_\_\_ uncaring \_\_\_ manipulative – coercive \_\_\_ threatening \_\_\_ mean-cruel \_\_\_ disrespectful  
\_\_\_ unfair-unjust \_\_\_ lazy-don't do their share \_\_\_ incompetent \_\_\_ irresponsible  
\_\_\_ don't do the right thing \_\_\_ hurt your feelings \_\_\_ hurt someone you love \_\_\_ scare you  
\_\_\_ gossip \_\_\_ steal \_\_\_ lie

Other triggers

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STOP:

- “I want to be the person my dog thinks I am.”
- “To thine own self be true”
- Respond rather than react
- Have our feelings without our feelings having us

S: Stop whatever you are doing

T: Take a breath so you can take a break, allow a gap between your anger urge and your anger behavior

O: Observe what you are feeling. Step back and detach and ask without judging yourself, “What am I feeling? ... What am I thinking? ....How does my body feel?”

P: Pick a behavior: respond rather than react.

My values: have a vision of the kind of person I want to be:

kind, considerate, successful, have friends, collaborate with others, forgive, empathize, accept others for who they are, someone people trust, someone people are not afraid of, other \_\_\_\_\_

Based on my values and kind the kind of person I want to be, what behavior will do rather than react? (smile, walk away, arrange to take a break and talk about it later, speak softly, take more deep breaths and relax, empathize –what’s going on with this other person right now?, forgive, share –I’m having a hard time hearing that right now. Other actions you might take instead of reacting \_\_\_\_\_

Self-care: taking medications as rx, good sleep, good nutrition, social support, journaling, meditation, recreation, meaningful living, exercise, counseling, letting go of who-what we cannot change.

(\*adaptions from ACT: Anger Group, Foret and Eaton, [www.contextualscience.org](http://www.contextualscience.org))