

Anger Visualization

Go back to the last time you were mad. Think about where you were, who was there and what was being said. Remember what time of day it was. Was it dark...was it light? what were you wearing... what do you remember smelling?

Now, feel what is going on in your body. Pay attention to your feet, your knees, your middle, your head and your hands. What do you notice? What is going on in your body to tell you that you are Angry. This is one of your Body Signs.

Now, remember what happened to you just before you got mad. What do you notice going on in your body? Were you scared? What were you thinking? Now move forward to the moment when you got Angry. What do you notice in your body now?

These things you are noticing in your body are your Body Signs. They are your body's way of saying, "Excuse me, your getting mad". These Body Signs are OK. What's happening is you're body is making you aware that you are at a Choice Point.

5 Minutes