

## EXERCISE: Breathing Into the Anger

There will always be times when we will be caught unawares, when we will suddenly find ourselves in the midst of a hot flare of anger for which we feel completely unprepared. The natural instinct in these moments is just to go with the feeling. Having a plan to manage hot and powerful anger when it shows up is incredibly useful. Next time you find yourself in a situation like this try the five-step approach in this worksheet. You can either pause after each stage to make some notes about what is coming up and what you notice in the right-hand column, or go through the whole process and make reflect on the experience afterwards.

<b>Step One:</b> Notice that you are breathing.	
<b>Step Two:</b> Notice the feeling of anger within you and acknowledge it to yourself: 'Here is a feeling of anger.'	

**Step Three:** Connect with your breathing and, as you do so, deliberately open up and make space for the feeling. Breathe into and around the feeling. As you do so imagine a space opening up around it.

**Step Four:** From the position of your breath and this feeling, broaden your awareness as if you were expanding the spotlight. Open up your awareness, to take in everything else you can feel within you, and then everything else you can see, hear, taste, touch and smell.

**Step Five:** Reflect on your values; think about the kind of person you most want to be, the kind of person you are at your best. From this perspective, how do you choose to behave? What do you choose to do next?