

## Project

Two good things to do:

- Start with the traffic lights technique. Become razor-sharp at recognising approaching irritability and anger, and put yourself on red straight away. Think of the person you have set as an example to model yourself on, and what s/he would do in this situation. This puts you on to amber, because you now have a picture of a really good (non-irritable, non-angry) response. Then move on to green; in other words, implement that response convincingly and with enthusiasm.
- Review the times you successfully handle potentially anger-provoking situations, analyse how you did it, give yourself a pat on the back. If you want, also review the times when you respond badly and what you should have done instead. Both of these are good things to do.

This is a very solid project which will be of tremendous benefit to you if you put your heart into it.