

PART TEN

Time To

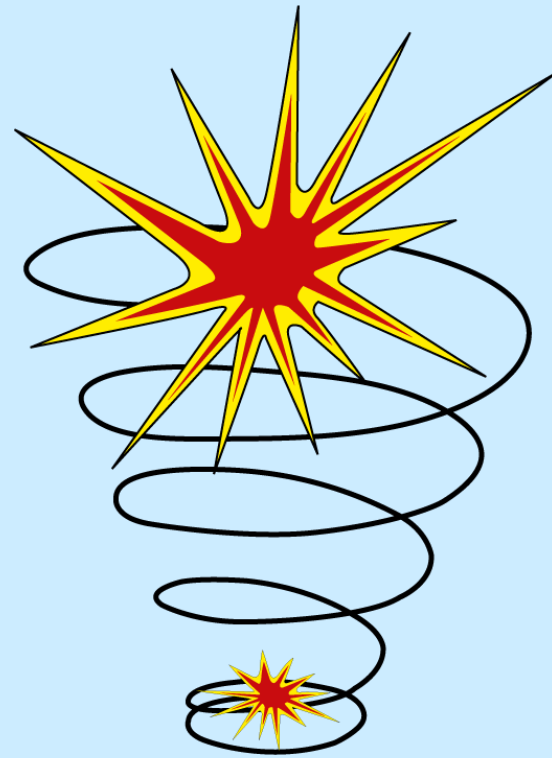
Assess

Your

Progress

&

What to do if you are disappointed





This is what anger management success is like

- You notice the Last-Minute Warning your body gives you.
- You can calm yourself down using Diaphragmatic Breathing.
- You use the ABC Model to handle Anger Triggers.
- Some things that used to bother you a lot bother you less.
- You feel generally calmer, more in control of yourself.
- People have commented on the way you have changed.

IF NOT.....You need to re-visit some parts of the programme - or consider getting professional help.



Less than happy with your progress?

You need to re-visit some parts of the programme because:-

You have not withdrawn the Permission you give yourself to be angry when you hit one or more of your Anger Triggers. Re-visit Part 3

You have not identified your body's Last Minute Warning and learned to use it to activate the ABC sequence. Re-visit Part 3

You have not identified your Red Zones and visualised how you intend to be when in any of those Red Zones. Re-visit Part 3

You have not listed your Anger Triggers and visualised how you intend to react when you hit each of those Anger Triggers. Re-visit Part 3

You have skimped practicing Diaphragmatic Breathing. Re-visit Part 4

You are not following the ABC sequence. Re-visit Part 5