



PART THREE

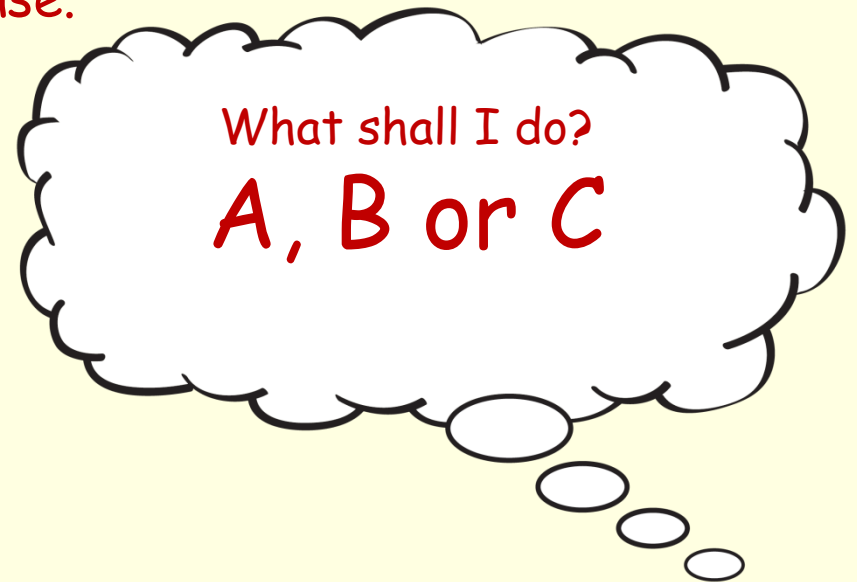
Seven
Impulse Control
Preparation
Steps

Impulse Control is about being able to choose how to react

Impulse Control is the alternative to an aggressive autopilot response.

It's about developing sufficient self awareness and self control to be able to exercise choice about how to respond when feeling hurt, angry or frustrated.

It's about learning to use the A B C 'Not Now' model to switch off your aggressive autopilot and being in control of your reaction.



Seven Impulse Control Preparation Steps Which Hold The Key To Success

Step One: Make the decision to control your angry responses.

Step Two: Get rid of the two major false beliefs that underpin angry behaviour.

Step Three: Withdraw the Permissions to be aggressive you have given yourself.

Step Four: Make a list of your Red Zones and Anger Triggers and visualise yourself handling those situations calmly

Step Five: Learn to notice the Last Minute Warning your body always gives you.

Step Six: Learn how to feel calmer [PART 4]

Step Seven: Learn to release your anger in safe ways [PART 9]

Step One: Make the decision to take control of the way you react

Until YOU firmly decide to change the autopilot way you react when angry, frustrated or hurt you are stuck as you are!

Determination to change is fundamental to success in changing!



Step Two

You need to get rid of at two major false beliefs you may have

Major False Belief
Number One

'My angry response
happens in a flash.

I don't get a chance
to control it'.

Major False Belief
Number Two

'People, and things
that happen, cause
my angry responses'.

Why those two beliefs are false

False Belief Number One

'My angry response happens in a flash.
I don't get a chance to control it'.

This is not true

Because your body *ALWAYS* gives you a last-minute warning when you are on the edge of 'losing it'. You have just not been noticing the warning or choosing to ignore it!

It's absolutely vital to your success on this programme that you notice what your body is telling you! The last minute warning from your body gives you a few seconds to decide how to react.

False Belief Number Two

'People and things cause
my angry responses'

This is not true!

Of course, the things people do, and things that happen, can give rise to angry feelings and can 'make you angry', but no-one has a magic wand that can make you REACT in an angry way.

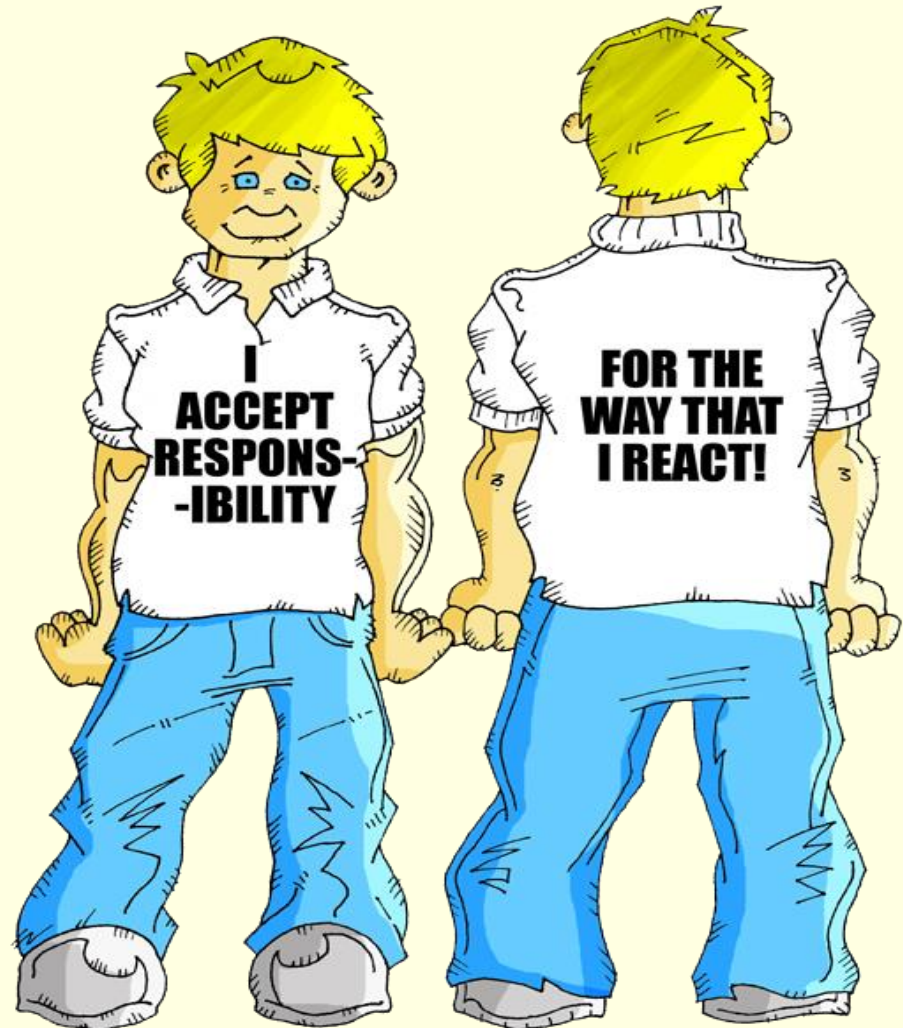
It's inevitable that sometimes you will feel angry, but how you react is ALWAYS up to you!

Take responsibility for the way you react

Take
responsibility
for how you
react.

Don't blame
loss of control
on others.

Until you take
responsibility
for how you
react you are
stuck.



Step Three: Withdraw the Permissions to be aggressive you have given yourself

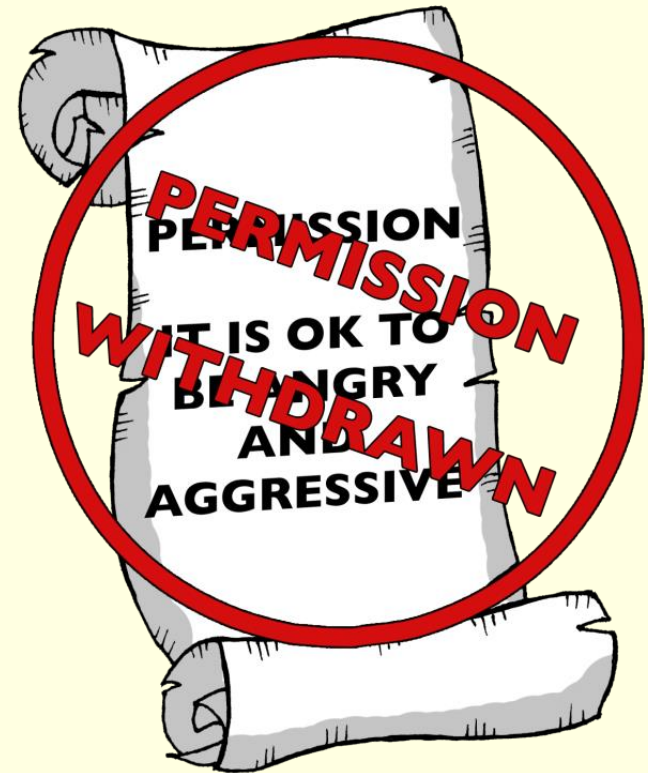
It may sound strange, but the fact is that, without realising it, you have so far given yourself permission, at a subconscious level, to behave aggressively in certain situations and with certain people.

You don't do it with everybody - so you do know how to control your anger when you don't give yourself permission not to.



An example of how 'Permissions' work

- A former client of mine, a lorry driver, was acting out angry impulses at home and his relationship was at break-up point. 'I just can't help it', he said.
- I asked him if he had any rude and awkward customers. 'Yes - lots'.
'Do you lose your temper with them?' I asked.
'No, I'd lose my job if I did'.
- So he did not give himself permission to 'lose it' at work - only at home! He knew how to manage his anger when he had not given himself permission to 'lose it'. So can you!



What Permissions have you been giving yourself? Do you get aggressive when anyone:

- Criticises you or disagrees with you ?
 - Is selfish, inconsiderate or rude?
 - Treats you as though you're stupid?
 - Embarrasses you in front of others?
 - Is in a mood with you?
 - Reminds you what you haven't done?
 - Reminds you what you have done - wrong?
 - Says "Don't do it that way, do it this way' ?
 - Talks back at you?
 - Makes a mistake which inconveniences you ?
 - Doesn't do things the way you think they should be done?
- Or When you screw up and feel angry with yourself? Or
When the children won't do what you say?

These are all Permissions which put others in control of your responses, which put you on angry autopilot!

When you think you are being 'got at'

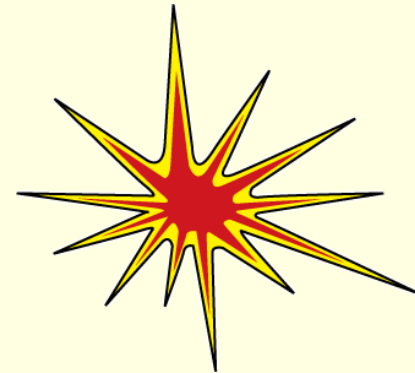
Maybe, sometimes they didn't mean to hurt your feelings, but that's how you experienced it? In other words, it may be your interpretation, not what they meant, and you have taken it wrongly!



Best to 'check it out' before you take offence. Ask 'what do you mean?'

Step Four: Make a list of your 'Red Zones' and 'Anger Triggers'

- **Red Zones** are the 'where', 'when' and 'around who' of anger. They are situations where you are more likely to hit an anger trigger. Red Zones in themselves don't make you angry.
- **Anger Triggers** are specific things you have reacted to angrily in the past and are on your list of **Permissions**.
- **Anger Triggers** usually come in Red Zones, but not always.



Make a list of your 'Red Zones'

Where,
when
and
with who
do you tend
to get angry?



- Think of Red Zones as anger, frustration and hurt minefields where you are at higher risk of hitting an Anger Trigger and reacting aggressively.
- Red Zones are the 'where', 'when' and 'around who' of anger.

Where,
when
and
with who
do you tend
to get angry?



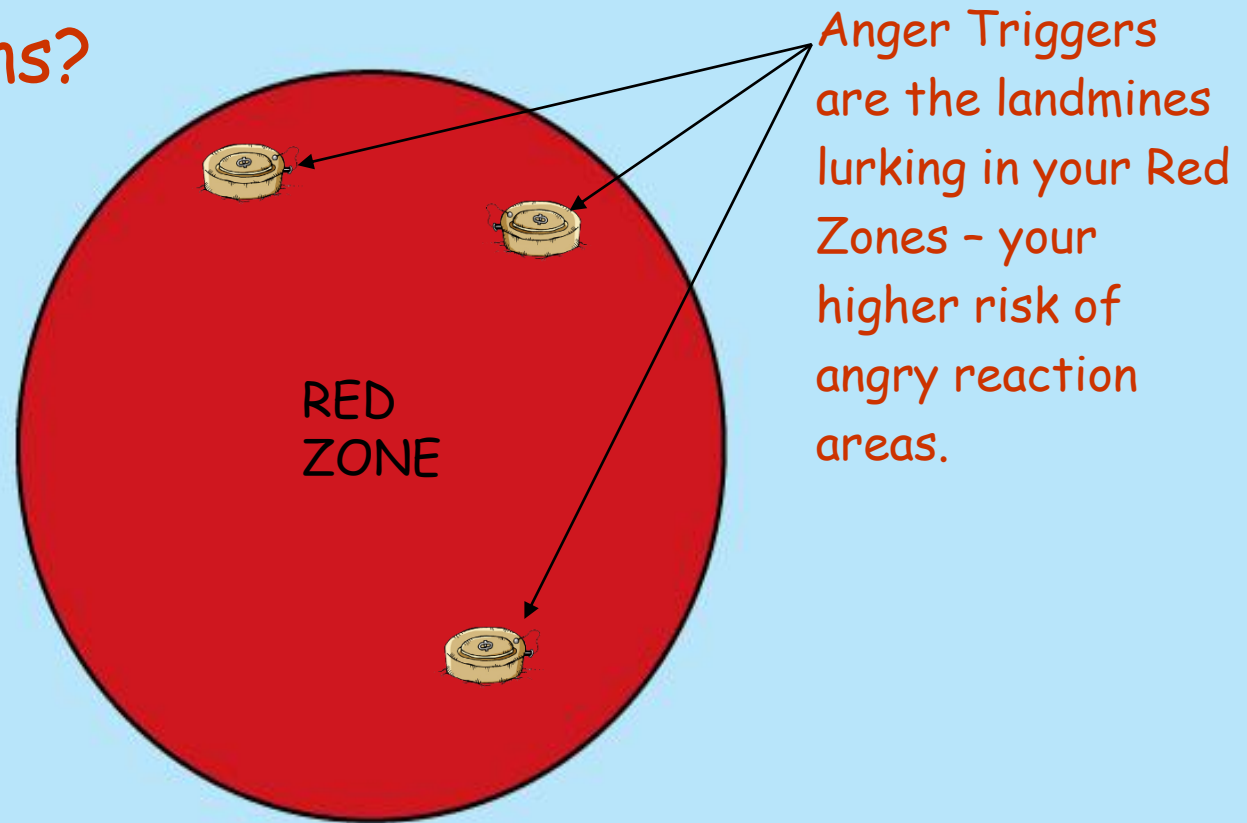
Red Zones
are places
and
situations
where there
is a higher
risk that
something
might
happen
which could
spark an
angry
reaction.

RED
ZONES

What triggers your angry reactions?

Anger Triggers are the specific things that trigger an angry, frustrated or hurt response.

Triggers are flashpoints - specific types of event that you have reacted angrily to in the past.



TRIGGERS

Red Zones and Triggers

An Example: RED ZONE

When visiting your least favourite relative you are entering a Red Zone, a Minefield



An Example: TRIGGER

When you feel that you are being criticised by that least favourite relative during your visit that is a Trigger, a flashpoint



More examples of Red Zones

- Any place or situation where you have 'lost it' in the past.
- When driving and late.
- When doing a job you don't want to do.
- When with certain of your partner's relatives.
- Any time you risk being refused what you want.



A personal example:
A Red Zone for me personally is when I am with anyone from 'It's more than my job's worth' brigade. You know, the officials who stick to what seem petty rules to stop them having to be helpful. I seem to meet more of this type of person when dealing with banks, so going into my local branch is a definite 'Red Zone'.

How to use Red Zone awareness



- **Purpose One: Planning**
So you can think about how you want to be when you next enter any particular Red Zone.
- **Purpose Two: Visualisation**
So you can visualise how you want to be when you next enter any particular Red Zone [see next page].
- **Purpose Three: Learn to notice**
When you are entering a Red Zone you can remind yourself of how you have decided you want to be when in that zone if you feel yourself getting angry.

Planning to handle Red Zones better

Once you have identified your Red Zones you should plan how you want to be when in each Red Zone.

Visualise yourself -

1. Being vigilant for Anger Triggers and
2. Using the ABC Impulse Control technique [see Part Five] to resist the impulse to react angrily to any trigger you may hit.

To help you do this there is a free audio download '*Managing Anger Triggers Visualisation*'. See - '**FREE AUDIO DOWNLOADS**'.

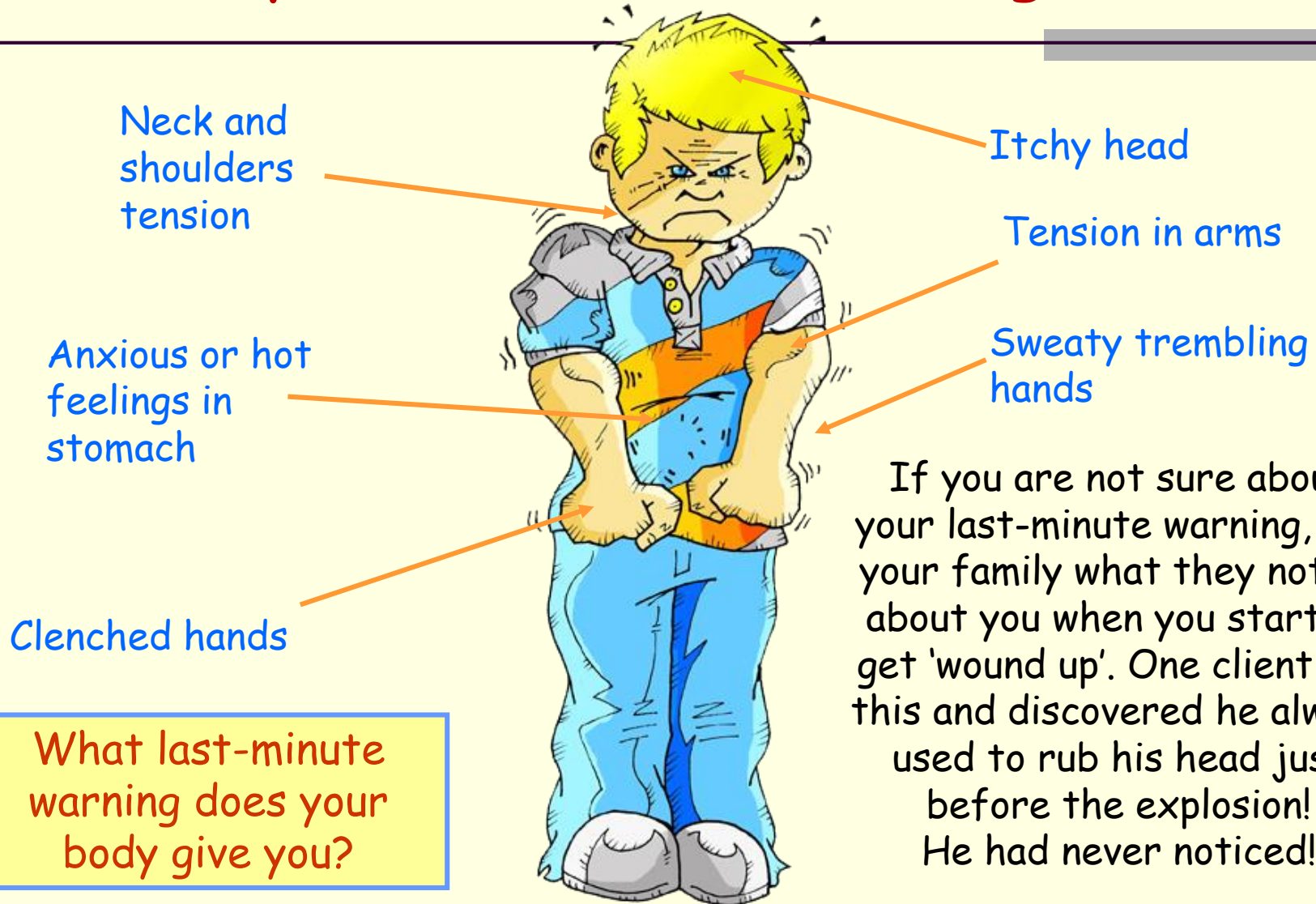
Maybe most of your life is a Red Zone!?

- Maybe your relationship is in trouble and your partner is often angry, critical, or cold towards you.
- Or you are suffering from stress at work.
- Or you have unresolved anger and hurt from the past or present.



Perhaps you are 'an angry person', with most of your life spent in one Red Zone or another? If so, you should consider working with a therapist to resolve the underlying issues.

Step Five: Learn to notice your last minute warning



If you are not sure about your last-minute warning, ask your family what they notice about you when you start to get 'wound up'. One client did this and discovered he always used to rub his head just before the explosion! He had never noticed!

What last-minute warning does your body give you?

You also get advance warning because your anger triggers are very predictable

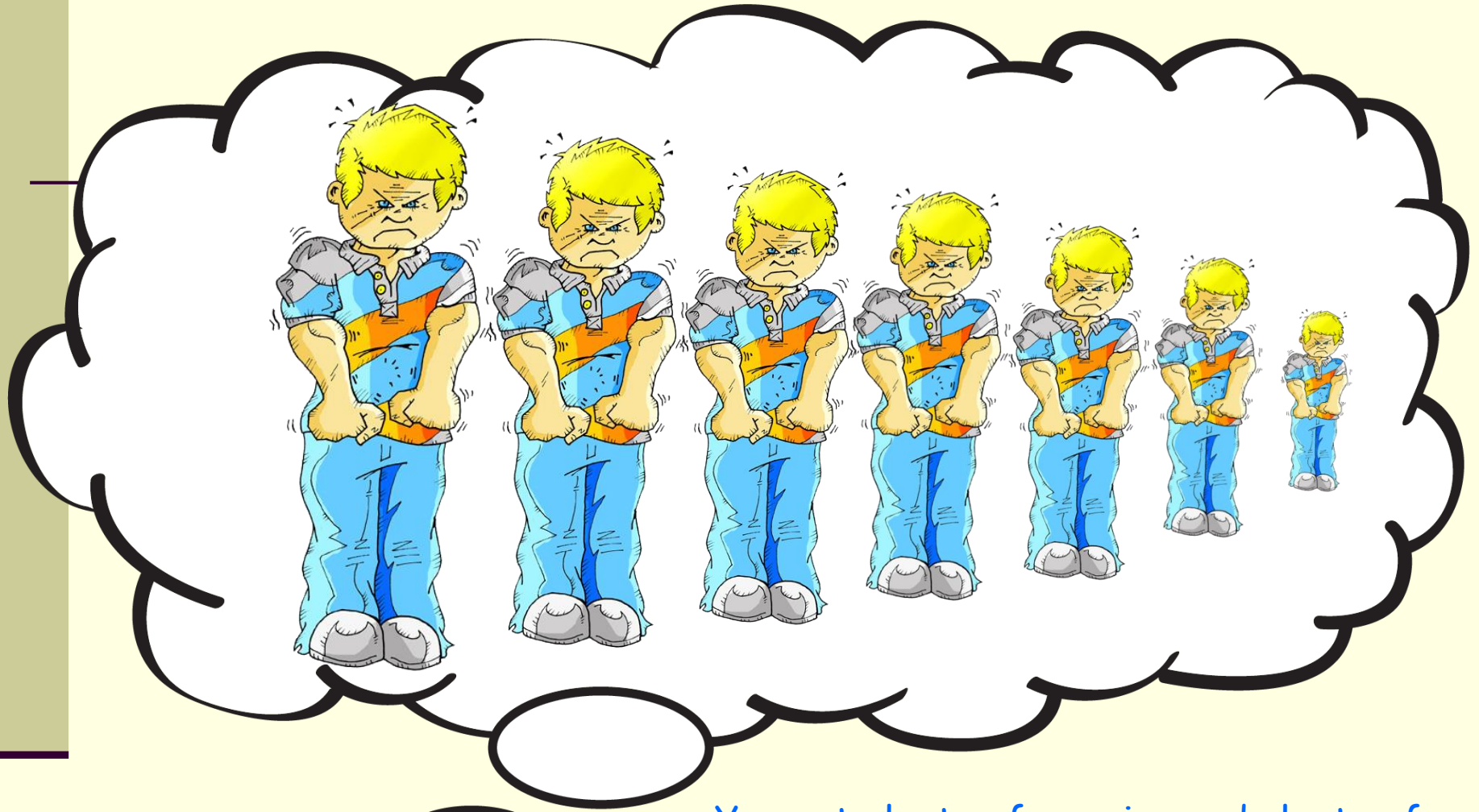
Far from being a surprise, your anger triggers are almost totally predictable in advance!

Why? because the situations in which you are likely to react badly in future are the same situations in which you have reacted badly in the past!

So you already know when you are likely to react! How much notice do you need?

Your list of Permissions should help you identify anger triggers.





You get plenty of warning and plenty of time to prepare! The situations in which you are likely to react badly in future are the same situations in which you have reacted badly before.

How to use your advance warnings



Planning

So you can think about how you want to handle each of your anger triggers when you hit them.

Visualisation

So you can visualise yourself handling each trigger the way you want to, download '[Managing Anger Triggers Visualisation](#)' see '[FREE AUDIO DOWNLOADS](#)'

Step Six: Learn how to feel calmer

The techniques in PART FOUR are not only highly effective in impulse control, but will also help you feel less stressed and sleep better.

Step Seven: Learn to release your anger safely

- Unresolved anger and hurt is like a kind of pressurised poison gas which keeps leaking out, causing us to react 'over the top'.
- We find ourselves reacting aggressively at the wrong time, in the wrong place, or with the wrong person.
- Safe anger release methods are covered in Part Nine.

