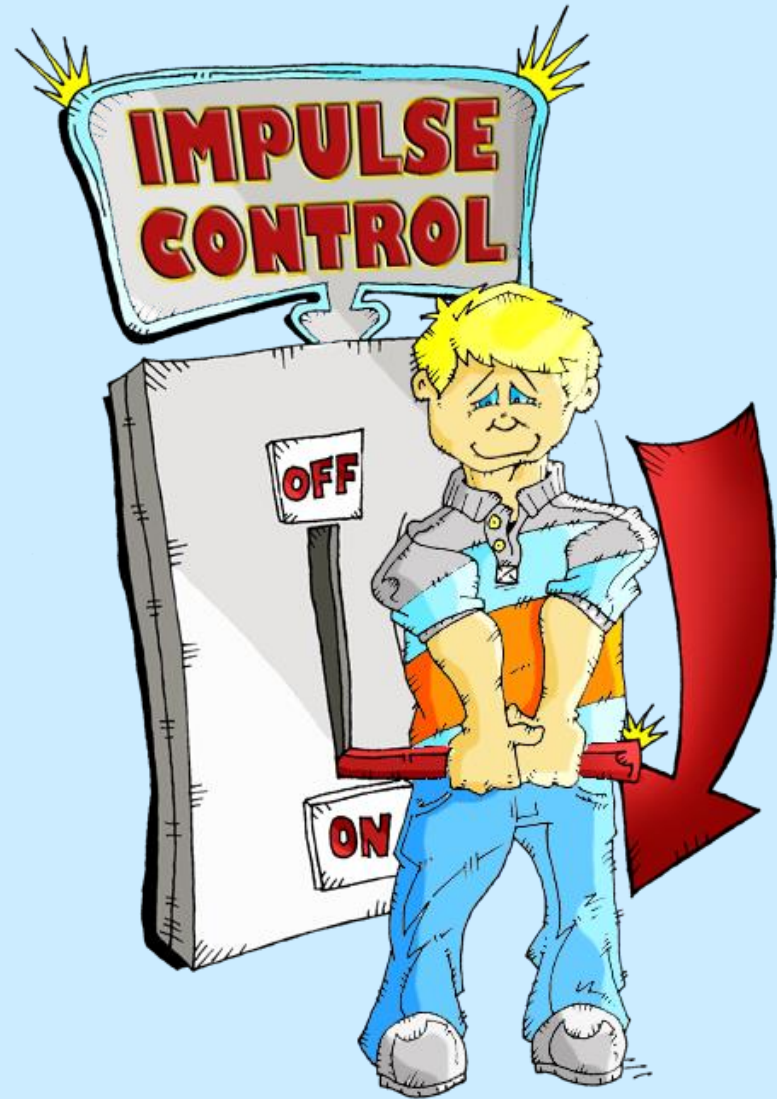


PART FIVE

The ABC 'Not Now' Impulse Control Technique





To get the best out of this technique.....

.....you need to have:-

Completed all the preparation steps in Part 3 especially,

- Identified your Red Zones and planned how you want to be when in those Red Zones
- Identified your Anger Triggers and decided how you want to handle each Trigger
- Practiced the Diaphragmatic Breathing Technique Part 4
- Used the audio track 'Managing Anger Triggers

Visualisation' to rehearse the way you want to be when faced with a Red Zone or Anger Trigger - See FREE

AUDIO DOWNLOADS

The ABC Impulse Control Technique When entering a Red Zone....



A Red Zone is any situation or place where you are more likely to run into an Anger Trigger

When entering a Red Zone
use the Self Calming technique

1. Change your breathing to deeper, slower, Diaphragmatic Breathing.
2. Notice that you have begun to feel calmer.
3. Remember how you planned to be in that Red Zone should you feel an angry reaction building up.

If you run into an Anger Trigger follow this Impulse Control process

1

Notice
yourself
feeling
tense - the
last-minute
warning your
body is
giving you.



2

Switch to
Diaphragmatic
Breathing



3

CHOOSE
A or B or C

The A B C of choices when you feel angry

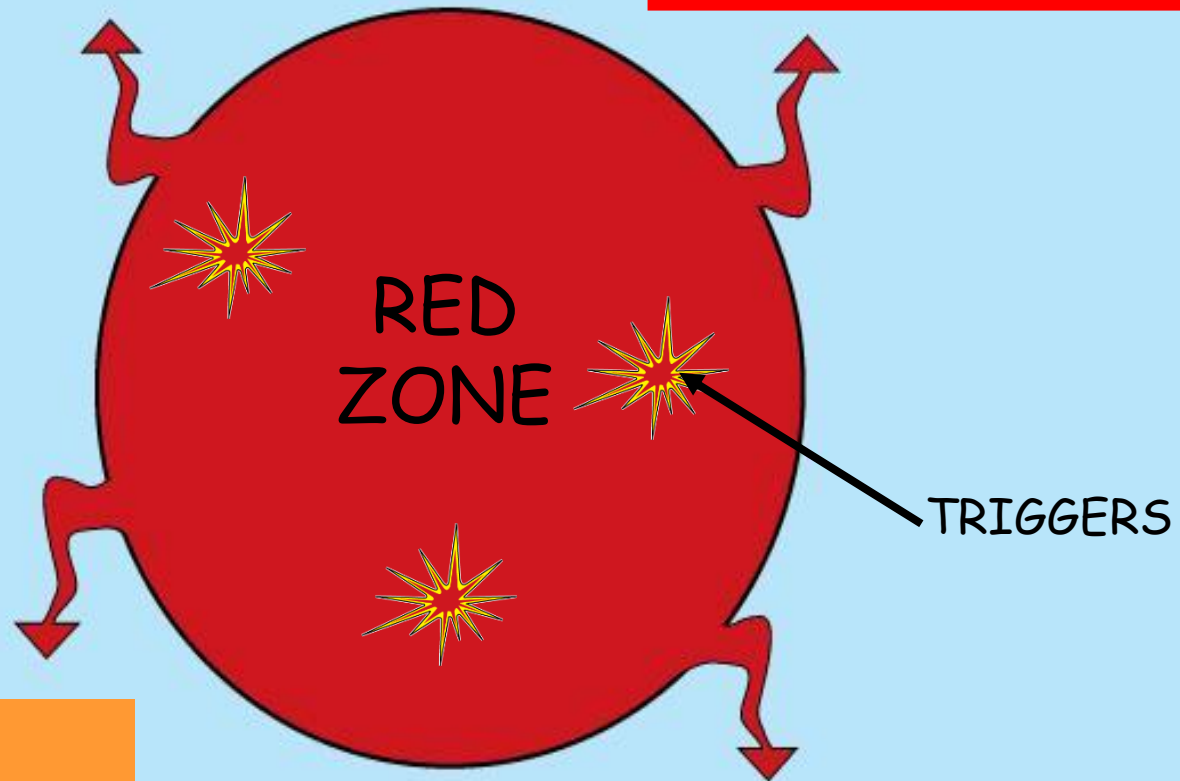
- A** Lose it! Let your angry/hurt reaction autopilot take over.
- B** Be assertive. Express your thoughts and feelings calmly there and then. *Good idea, but* probably you are not in the right frame of mind to do it well. Timing is everything.
- C** Choose **'NOT NOW'**.

Decide to 'let it go' for the moment and deal with it later when you feel calmer.



WHEN YOU HIT AN
ANGER TRIGGER
CHOOSE

Choice A Let Angry
Autopilot Take Over



Choice B
Attempt to discuss
assertively there and
then

Choice C
'NOT NOW'

What to do after you have resisted 'losing it' using the ABC 'Not Now' technique

If you are still in the situation where you nearly 'lost it' continue with Diaphragmatic Breathing until you feel calm.

If you remain angry get out of the situation - Leave the room, go for a walk and use one of the safe anger release techniques [PART NINE]

After you are out of the situation

You have three main choices:

'Let it go' with the help of the anger release techniques in PART NINE.

OR

If feasible and safe, arrange to talk about what upset you.

OR

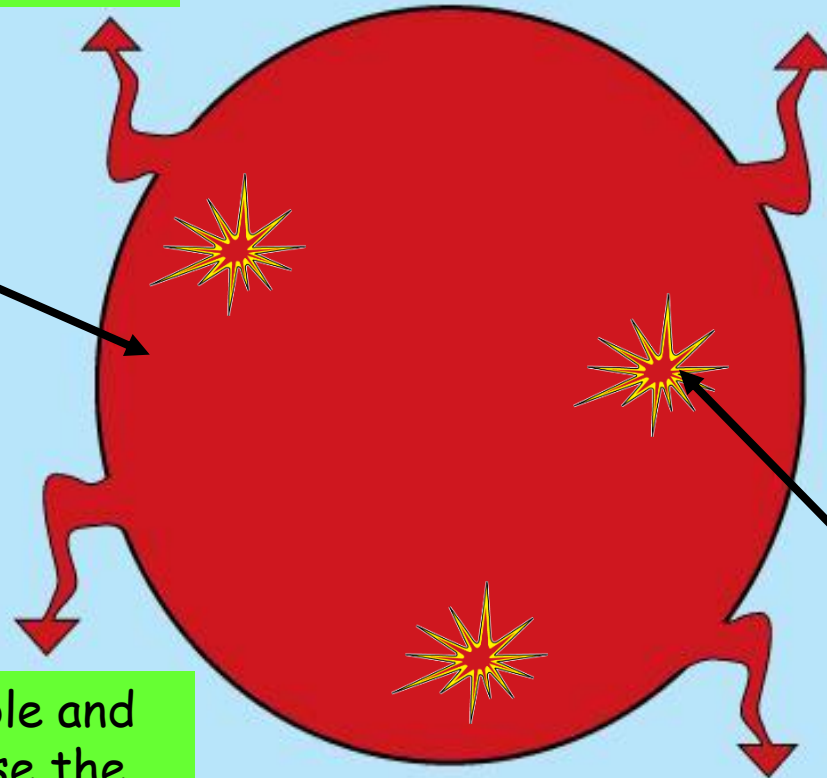
Go back and express your anger

Decide 'it's not worth bothering about' and let it go.

Use safe Anger Release techniques to process angry and hurt feelings.

PART NINE

RED ZONE

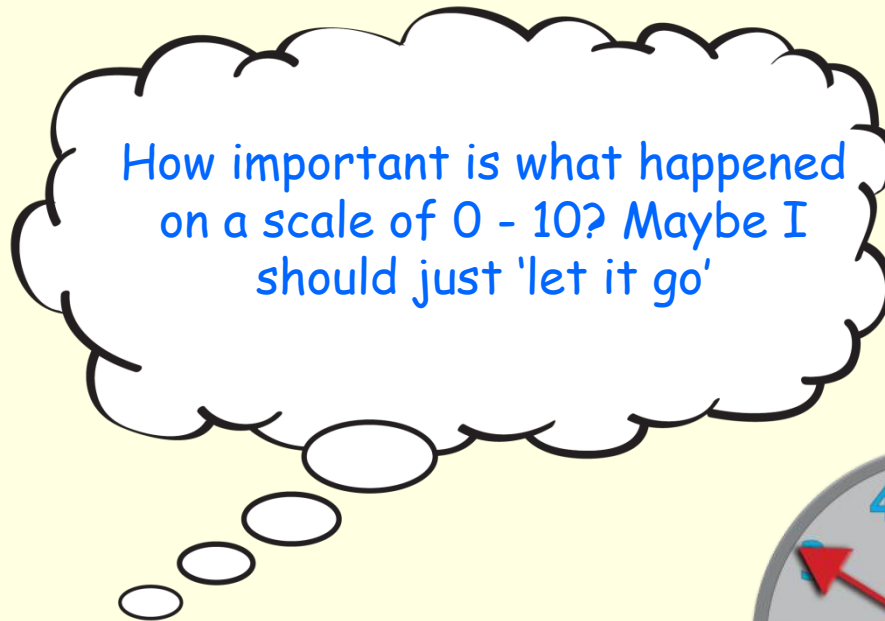


TRIGGERS

If feasible and safe, raise the issue assertively later.

Follow up choices

A way of thinking that may help you to 'let it go'

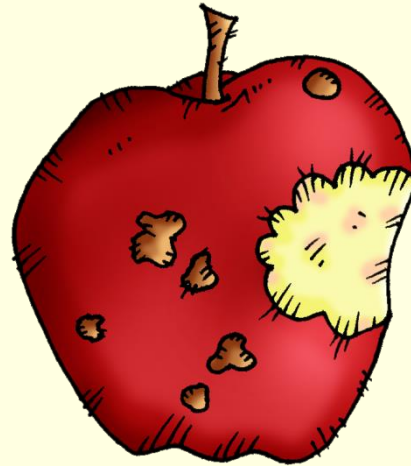


The assertiveness method of anger and hurt release

- The assertiveness method of anger release is about feeling heard, about not suffering in silence, about setting the record straight.
- The assertive option of expressing your feelings openly should always be considered, but sometimes it may be impractical or too risky.
- The danger is that the other person will react badly and pile on more hurt. Or it may not be physically safe to express yourself openly.
- If you think you can handle it, choose the assertiveness option and arrange to talk things through with the other person; or write and say how you feel.
- There's more about the assertiveness method in PART NINE

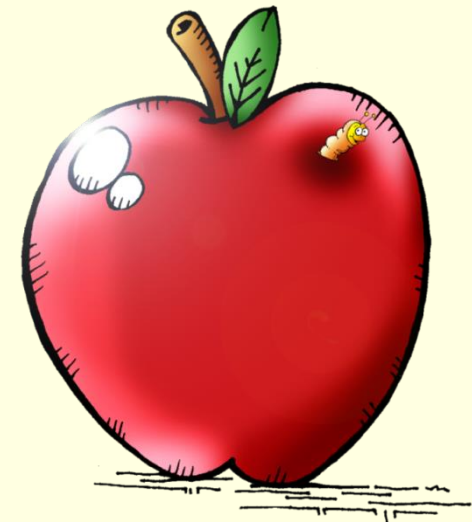
A helpful way of thinking. Is the person who upset you a good person who got it wrong?

If you decide to try to resolve things with an assertive conversation the rules for a Civilised Conversation [PART 6] should be very helpful.



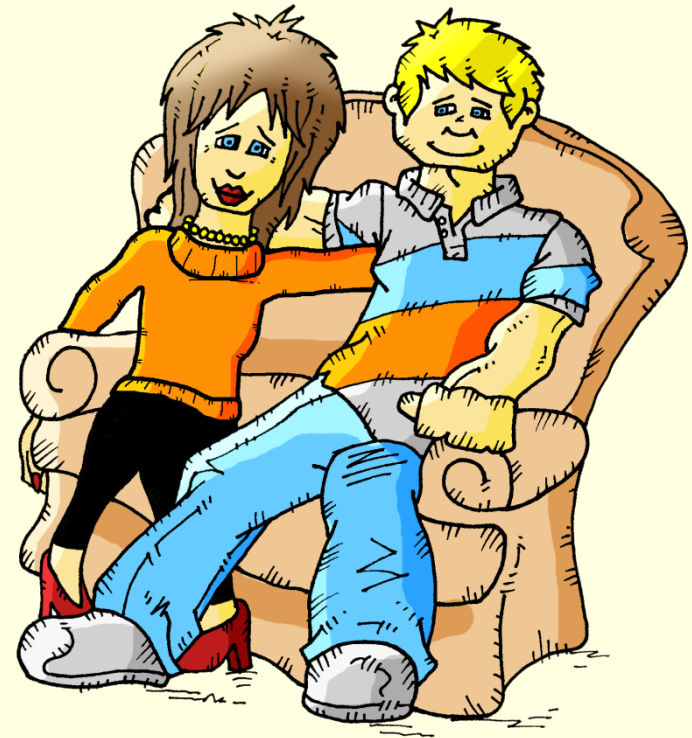
Is the person who upset you a bad person - a 'bad apple'.

Or a good person who did something bad?
If you can look at it this way will be able to handle things better.



If you can't 'Let it go' and an assertive discussion is not safe or not possible.....

- Use one or more of the Anger Release Techniques in PART NINE.
- Anger and hurt must be processed or it will eat away at you causing stress.
- If you are still in contact with the person who upset you, your unresolved anger will adversely affect your relationship with them.
- Try to 'draw a line' under what happened and move on. It's not about forgiving - it's about moving on.



Afterwards



If you didn't get it right - learn from it!
What do you need to do to get it right next time? If you hit a new Trigger add it to your list of Triggers and decide how to handle it the next time it happens.

If you handled it the way you planned - give yourself a treat!