

## Staying Calm under Pressure

It's time to start practicing your new skills so you will be ready to face the pressure of the real world. Anger inoculation is all about training yourself to use relaxation and new thought patterns during anger-inducing situations. You will start by imagining situations of various intensity while using your new skills. Over time, you will find that you habitually turn to these new skills to stay cool.

First, you will write descriptions of "anger scenes" – situations that you have identified as causing an angry response in you. Be sure to include as many details as possible – the richer the description, the more effective the exercise. Try to include your physical environment, body sensations, and thoughts.

### Hierarchy of Angry Scenes

**1. Scene 1 (anger hierarchy ranking of 40-50):**

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**2. Scene 2 (anger hierarchy ranking of 50-60):**

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**3. Scene 3 (anger hierarchy ranking of 60-70):**

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**4. Scene 4 (anger hierarchy ranking of 70-80):**

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**5. Scene 5 (anger hierarchy ranking of 80-90):**

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## 6. Scene 6 (anger hierarchy ranking of 90-100):

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## Anger Inoculation Process

### Day 1

1. Complete a Coping Thoughts worksheet for each scene. Be sure to generate several coping thoughts prior to moving on to the visualization exercises.
2. Relax. Use your Special Place visualization technique to completely relax.
3. Once you are relaxed, visualize the first Anger Scene. Try to bring as much detail to the scene as possible. Allow it to unfold like watching a movie. Intentionally intensify your angry response by using some of the anger-triggering thoughts you've identified. Keep at it until you really feel the angry response building. Hold that scene for 30 seconds.
4. Now, erase that scene from your mind. Use your progressive muscle relaxation to let go of any tension in your body. Start repeating your coping thoughts to yourself until you begin to feel calm. Use your Breathing technique to calm and still your mind.
5. Once you are calm, repeat the whole process using scene 2.
6. Alternate between scenes 1 and 2 for up to 6 repetitions during your first session.

### Day 2

Repeat steps 1-6 again

### Day 3

After you have completed at least 2 sessions using scenes 1 and 2, move on to scenes 3 and 4 following the same procedure outlined in steps 1-6 above.

### Day 4

Now you are ready to move on to the highest ranking anger triggers in your hierarchy. The process is a bit different:

1. Complete a Coping Thoughts worksheet for each scene. Be sure to generate several coping thoughts prior to moving on to the visualization exercises.
2. Relax. Use your Special Place visualization technique to completely relax.
3. Once you are relaxed, visualize the Anger Scene 5. Try to bring as much detail to the scene as possible. Allow it to unfold like watching a movie. Intentionally intensify your angry response by using some of the anger-triggering thoughts you've identified. Keep at it until you really feel the angry response building. Hold that scene for 30 seconds.
4. Now, *while still holding on to your anger scene*, begin to use your coping thoughts and relaxation techniques. Maintain the image while you focus on releasing tension from your body and replacing trigger thoughts with coping thoughts. Keep at this until you are completely relaxed.

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5. Once you are relaxed use your breathing technique to clear your mind.
6. Repeat the process with Scene 6.

It is tough to hold on to the anger scene while simultaneously focusing on relaxation. By practicing this now, you will be in much better shape when you have to use it in the real world.