

SLOW

Slow -- Down Intentionally – Take Some Time

Lean In – Your Valued Response – Do I Want to Explode in Anger

Observe – Your Mind – Mindful Choice is My Outcome

Willingness – To Manage My Angry Actions – Even When I Feel Angry

SIFT

Sensation -- Pause and Body Scan

Image -- Expand and Notice the Broader Picture

Feeling Tone -- Tune In to Your Emotion – Defuse and See It Clearly

Thoughts -- Watch Your Mind Thinking & Deciding -- Are You Running the Show?