

**HOW TO INCREASE YOUR ANGER AND GUILT:**

**Anger-arousing** perceptions highlight injustices, shattered expectations and/or beliefs and are blaming in nature. Some examples are:

It's not fair; it's your fault; you're not treating me right; s/he's being condescending to me; I deserve better than this; those people are breaking the rules.

**Anger-intensifying** habits are habits which left to their own devices will do you in! Some examples are:

Yelling; sulking and pouting; plotting revenge; hitting and any other violence; competitive games; accusations ("you never..."); arguing while angry.

**Guilt-arousing** perceptions are those which allow you to remain unquestioning, comfortable doing the "same old" actions while feeling trapped and a victim of circumstances. Some examples of guilt-arousing self- and other- talk are:

You should; You're the only one; If only you...; You're being selfish; How could you?; You're only thinking of yourself.

**Guilt-intensifying** habits are habits which (just like with anger) left to their own devices will do you in and win you a gold medal for being a model martyr! Some examples are:

Even when exhausted, "doing" for another; experiencing burn-out; becoming physically ill; deteriorating personal relationships; being on constant alert; not taking holidays.

**HOW TO DECREASE YOUR ANGER AND GUILT:**

**Anger-reducing perceptions and strategies:** Bad things happen; I can't fight every battle; s/he couldn't help it; counting to 10 (slowly); sleeping on it; exercising non-competitively, nipping arguments in the bud; meditation; relaxation; distraction; using the word "I" rather than the word "you"; replacing the word "but" with the word "and".

**Guilt-reducing strategies:** Ask yourself "how old do I feel", "who says I should feel guilty", "am I the only one who can do this" (in other words, if you were to get hit by lightning, who would pick up the slack?), "did I consciously or willfully do something bad or unfair", "what am I learning from this", "is this a realistic regret", "am I labelling myself". Replacing self-talk "shoulds" with "I wish I could" while replacing other-talk "shoulds" with "I want you to...", keeping on track verbally (broken record technique) and behaviourally (repeating what works well), agreeing and complimenting (anti-whiner technique), agreeing and distracting, replacing the word "but" with the word "and".