A PRACTICE FOR THE HEAT · ANGER

When anger heats up

By **Jamie Bayof**

> *Name it. Give it a number. Cool the body. Then aim the energy at one small action.*

1. **Name it:** “This is anger.” Give it a number from 0 to 10. Your aim is to act at a 4, not a 9.
2. **Notice your early signs:** a tight jaw, a raised voice, a hot face, the thought “here we go again.”
3. **Cool the body.** Breathe in for four, out for six, twice. Loosen your hands and shoulders.
4. **Aim the energy at one small action:** ten push-ups, one dodged task, or one calm sentence.

> If you need more than a pause, step away and say you'll come back. Then actually come back.

My early signs

The small action I'll aim at

A short practice from the free guide and The Two Battles Field Manual (Anger).

Educational, not medical advice.
If you're in the US: Call or text 988
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