



EMPOWERMENT EDGE COACHING
IGNITE YOURS



EMPOWERMENT EDGE COACHING

**KEEP YOUR COOL
WITH YOUR KIDS
WORK BOOK**

**Keep
Your
Cool
1**



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To be used in conjunction with:
Keep Your Cool With Your Kids - Anger
Management For Parents

ANGER ICEBERG

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EMPOWERMENT EDGE COACHING
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THE ANGER ICEBERG

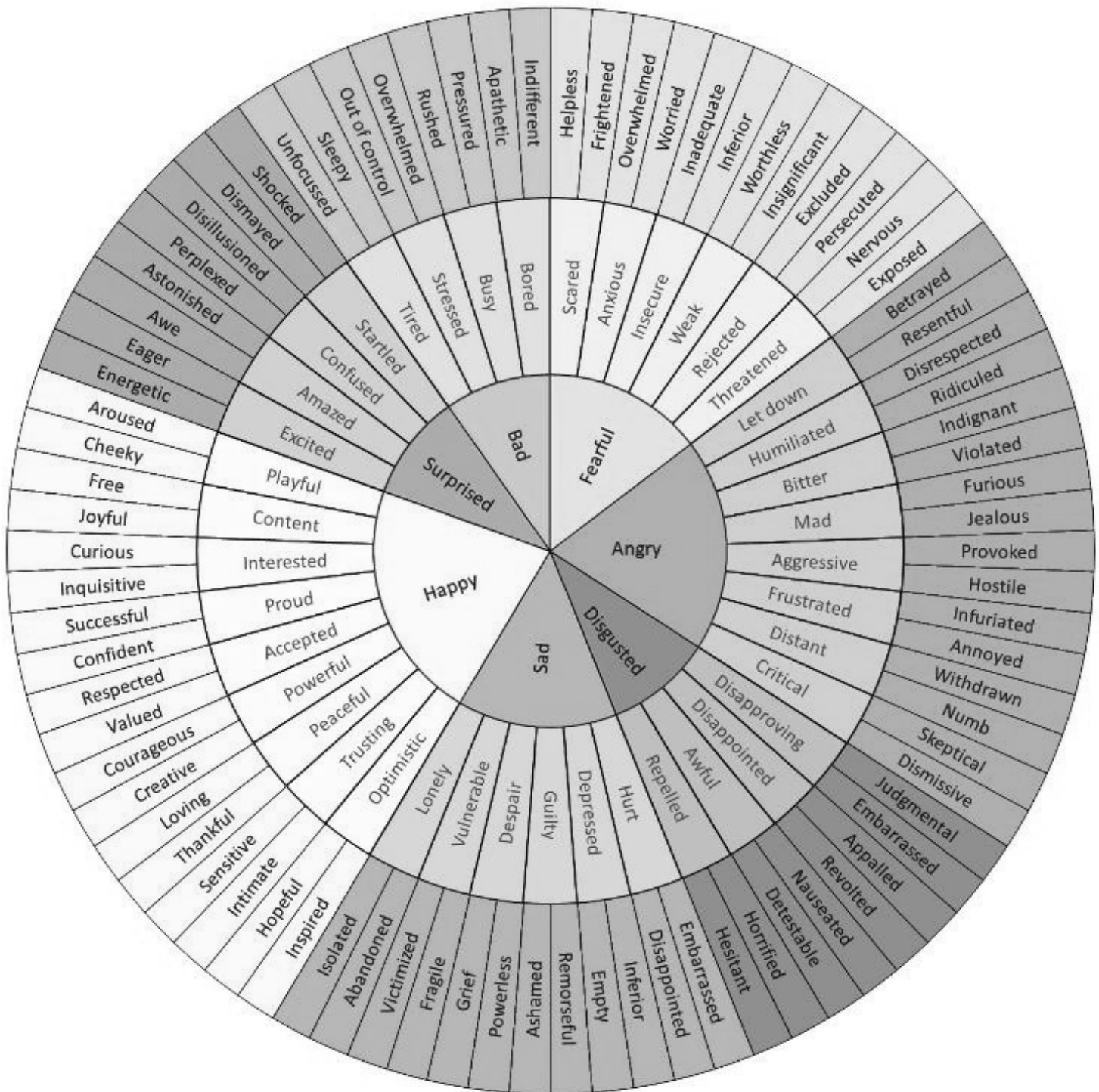
In the book we refer to Anger as the outward expression of another deeper emotion. Use the Anger Iceberg to try to identify any emotions behind Anger.



Iceberg Image from www.wellnesssociety.com

THE FEELINGS WHEEL

The feelings wheel can help you drill down to accurately identify what you are feeling exactly.



<https://feelingswheel.com> Geoffrey Roberts

RECORD YOUR PHYSICAL SIGN

Physical Signs of Anger		
Mind Goes Blank	Sweating/Perspiring	Looping Negative Thoughts
Shaking Hands/Body	Clenched Fists	Crying
Become Quiet	Clenched Teeth	Face/Neck Feels Hot/Red Flushed
Shallow Rapid Breathing	Raise Voice Pitch	Tension Headache
Physical Posturing Puffing Chest-Arms Waving	Scowling Angry Face	Feeling Sick to Stomach
Pacing Up and Down	Aggressive Gestures	Racing Heart Beat
Agitated Restless Movements	Abusive Language	Muscle Tension

What are your Physical Signs ?

TRIGGERS - WHAT HAPPENED?

Recall the circumstances just before being triggered and what was the actual trigger.

Place/Time (where were you?)	Circumstances just before Trigger fired	Actual Trigger
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CHECK IN WITH YOUR THINKING

Cognitive Distortions

Catastrophizing	• If I don't clean the house, everything is going to fall apart • If my son doesn't exercise everyday, he will develop poor health
Generalizations	• That school is doomed, it has just lost 2 good teachers • That child got an average mark at school, they must be struggling
Black and White or All or Nothing	• It's all your fault • You are quiet so either you are upset at me, or you don't care
Mind Reading	• You think I'm angry all time • She thinks she is the Queen
"Should" Statements	• We have been together a long time; you should know better • I should be a better Father
Global Thinking	• You're late for our date so you do not respect me • That chore hasn't been done so they don't care about family life
Discounting the Positive: Ignoring the Good and Magnifying the worst	• Thanks for the complement but I actually look terrible today • He might be nice but he is terrible lazy
Emotional Reasoning	• I'm feeling lonely so I must be a bad friend • I'm feeling angry so I must have anger issues
Fortune Telling/Jumping to conclusions	• Single dad says to himself "I'm never going to find love again" based on one bad date • My kids will never learn to clean up
Personalization and Blame	• He/she is grumpy, it must be about me • My wife doesn't want to cuddle in bed, I must be unattractive to her



GET CURIOUS ABOUT YOUR THOUGHTS

When triggered, record the thoughts you had. Check for Cognitive Distortions. Then find a positive alternative thought to work with

Thought Record

THOUGHT:

ALTERNATIVE THOUGHT:

THOUGHT:

ALTERNATIVE THOUGHT:



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STRATEGIES FOR REDUCING TRIGGERS

Reducing circumstances behind the Triggers is very helpful. Where possible, once the situation and Trigger are identified, set up some achievable strategies that are SIMPLE to do to help you avoid the Trigger. Making them simple and achievable will enhance your success at reducing them firing into the HOT zone.

TRIGGER	STRATEGY
Emotional State - Fatigue	Get to be by 10 pm, Stop watching screen 1 hour before bed, 20 min lie down/relax during day instead of chores 10 min meditation at bedtime, Stop Caffeine after 2.00 pm



STRATEGIES FOR REDUCING TRIGGERS

Reducing circumstances behind the Triggers is very helpful. Where possible, once the trigger is identified, set up some achievable strategies that are SIMPLE to do. Enhance your chance of success.

TRIGGER	STRATEGY