



Your Daily Practice

Episode 3

What's Up With Dr. Jud? Anger

Step 1. Pay attention to your body's alarm system. Notice when you are moving from green to yellow to orange with anger. Pause before you get to red.

Step 2. Identify what makes you vulnerable to increased anger. 3 S's: Sleep, Substances and Stress.

Step 3. Identify your anger habit loop. What are the triggers, behaviors and results?

Step 4. Take a look at the costs of anger to you. How has acting on anger negatively affected your life?

Step 5. Consider a "Bigger Better Option." Instead of acting on your anger, could you act on the values underneath?