


# Anger Mountain Workout

## About the Anger Mountain

The Anger Mountain is a visual of the cycle of anger. The anger cycle consists of 6 phases; calm, trigger, escalate, outburst, de-escalate, and the recovery phase. We typically start out feeling calm or neutral, experiencing no negative energy until we are triggered emotionally. We are typically triggered by people, situations, environmental circumstances or the negative thoughts we have that provoke an emotional reaction within us. If we are unable to cope when being triggered, we will likely escalate and eventually have an anger outburst. While in the outburst phase we are typically unable to think logically and make sensible decisions. Luckily, once we de-escalate, we return to a calm state of mind and can eventually reflect on our actions and identify appropriate ways to respond to similar situations in the future.

## The Workout

Reflect on an incident that occurred and led to you having an anger outburst. List what occurred in the trigger, escalate, outburst, & de-escalate phases of the anger mountain. Afterward, think through and answer the 4 questions listed below; they will help you avoid having a similar anger outburst in the future.

	Outburst		
			
	Escalate		De-escalate
	Trigger		
Calm			Recovery
What were your external triggers (things out of your control)?			
What were your internal triggers (negative thoughts)?			
What can you do in the future to help you remain calm and/or in control?			
List 3 appropriate actions you can take if a similar situation occurs in the future.			