

Step Back

A Visualization For Anger Management

When things get tense, the secret password to enter the "Kingdom of Calm" is STEP BACK. While you stay right where you are physically, imagine a second you taking 5 giant steps backward. As the second you is taking 5 steps backward, watch the first you get farther and farther away. Now... *float*. Yes, that's right *float*. See, hear, and feel yourself *float* up above the tense situation to a spot that is comfortable for you. Look down at the first you and what is going on. See yourself interacting with others in that situation and observe what you are doing. If the first you is talking, listen to the tone of your voice. If some one else is talking, listen to the tone of their voice. Listen to the volume and the speed of everyone's words. Be sure you are up above looking down on the tense or stressful situation, unless of course you are afraid of heights, then observe yourself interacting from the sidelines, but make sure to stay at least 5 giant steps away from what is going on. If you are alone when you get angry, still take 5 giant steps back and float up above yourself. Watch yourself carefully. What you are doing? How you are holding your posture? How are you moving? How are you breathing? Continue floating above yourself, being a patient observer, until you can see or hear signs of calm. When you see yourself with a relaxed posture and smile, breathing evenly and deep, and can hear gentle kind words, then you can float back down and join yourself in a situation that is no longer tense. Floating takes patience and a keen eye to observe well, in addition to a great ear for listening. Practice this exercise often and people will begin to tell you that you have the patience of an angel! I wonder why they will say that?

Record below some possible situations where stepping back and floating might be very beneficial:
