Anger Needs Somewhere to Go

Session 08 / Adults 18+ / Recovery Has to Survive Tuesday
Use the fictional example, your own safe situation, or pass. Keep pages private.

01 Today I choose: fiction / my situation / listening / a pass.

02 What would make this topic more manageable today?

03 One thing I would like to practice before the next response:

Drew’s schedule change

Drew learns that a work schedule changed after they arranged transport. Drew notices heat in their face and starts drafting a sharp message. The hours and transport problem are real. No threat or emergency is described in this fictional situation.

The issue

A changed schedule affects transport. The problem deserves attention.

The signal

Drew notices heat and an urge to send a sharp message. That is information for a next choice.

A possible request

The schedule changed after I arranged my ride. Can we review the start time and available options? No outcome is guaranteed.

The issue and the signal

Use Drew or a safe low-stakes example. No need to describe a fight or traumatic event.

01 What is the specific event or practical issue?

02 What signal might show up before the next response?

03 What responsibility or safety need still matters?

A pause that fits

A pause should be safe and workable. It does not erase the issue or permit abandoning care.

01 What could I stop doing for a moment: typing, debating, or something else?

02 What quiet or neutral option could fit? What handoff or access is needed?

03 If direct discussion is unsafe, what appropriate support could I seek instead?

The next clear request

Use facts and an actual request. No need to make the feeling disappear first.

01 What happened and what impact can I name accurately?

02 My request or safe next action, in exact words:

03 When could it happen? If unavailable or unsafe, my support route is:

Practice without a fight

Use fiction with a willing partner or write privately. The listener stays neutral.

01 My pause line or clear request:

02 One part that could be more specific or less accusatory:

03 My revised version and what still needs attention:

The message I choose not to send

Creative alternative. Use an invented low-detail line, not a real threatening message. Write or draw the issue and a clearer version.

01 The practical issue, and the next words I could choose:

02 What stays important? What response would create another problem?

What I learned

Optional follow-up. Keep this page; returning it is not required. Seek appropriate support when an activity is not enough. Existing care plans remain in place.

Progress is progress

A pause can be progress when it leaves room for a safer next action and the issue still gets attention.

U.S. support

For an immediate medical or safety emergency, call 911. For suicidal crisis or emotional distress, call or text 988. Verify local support options with the facilitator. www.progresscounselingprograms.com

01 What did I try, practice or learn?

02 What still needs help or adjusting? What is one next useful step?