

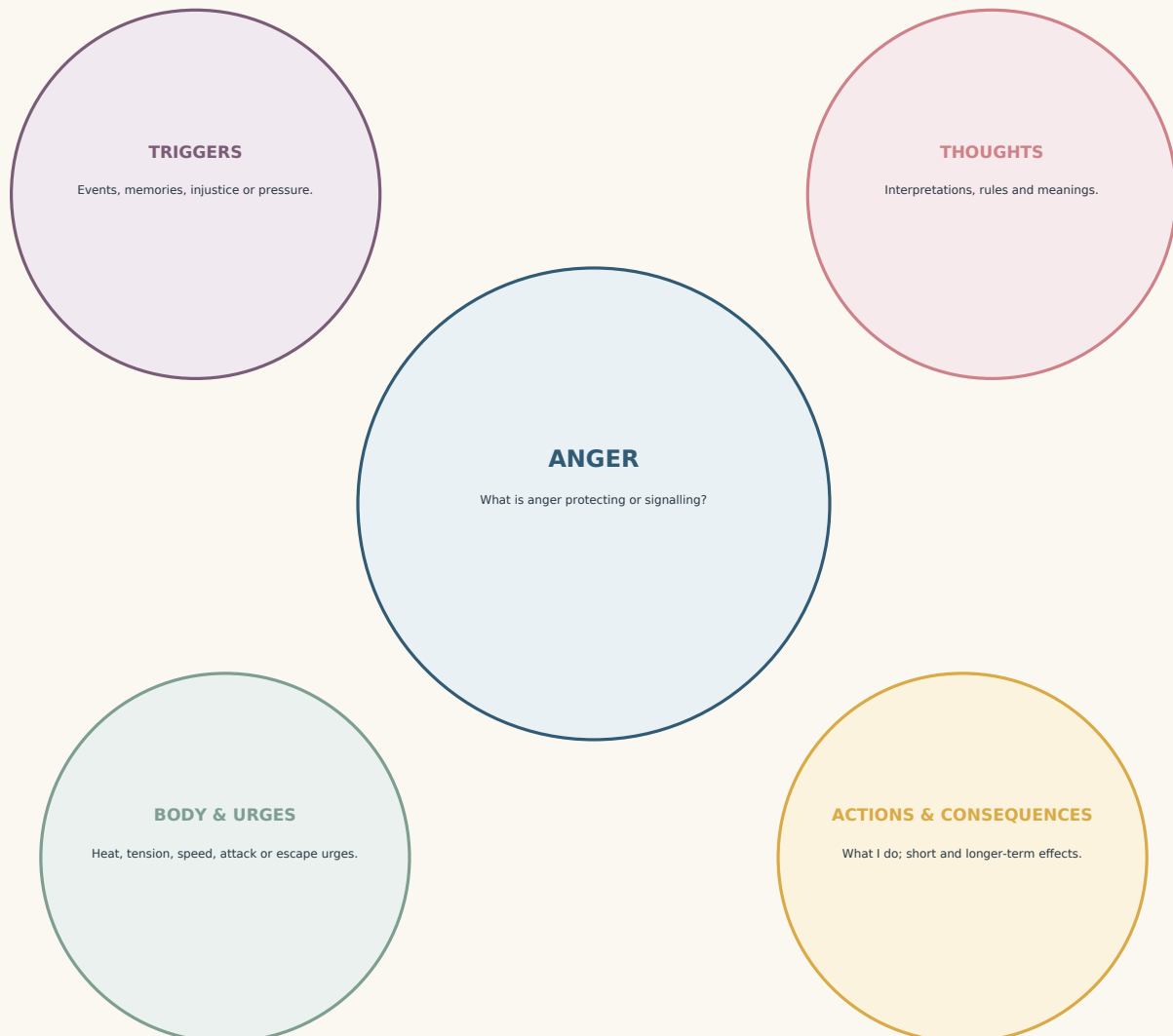
The cogs of anger

NOTICE • SLOW • CHOOSE



See how triggers, thoughts, body signals and actions turn together

Anger is information, not a character flaw. Map the parts of the cycle so you can find one place to pause, protect a need or respond differently.



WHERE CAN I SLOW ONE COG?

A pause, boundary, grounding step, communication choice or repair I want to try.
