

# Anger Induction

To induce feelings of anger, follow the instructions below, trying to imagine the situation vividly and in detail.

1. Bring your thoughts to a memory of something that happened recently that can bring up moderate feelings of anger for you when you think about it. The goal here is to remember an event that raises anger temperature to approximately a 35. Be careful not to choose an event that is too angering, as it may be triggering and lead you past your boiling point.
  
2. In one sentence, summarize the situation. For instance, you may say, "That time last week I got that speeding ticket," or "That customer service representative who was so rude."
  
3. State the sentence out loud if you are completing this during a therapy session, so that the therapist can interact with you and help you connect with this memory.
  
4. After identifying the anger-inducing memory, begin to bring this memory to mind, starting with the beginning. Identify:
  - a. Who was there
  - b. Where it was
  - c. What was happening
  - d. And why it was happening (if possible)
  
5. Next, recall the memory to the therapist as you remember it unfolding, including as much detail as possible.

6. As you recall the memory, the therapist may discuss it with you, asking you for additional information about what happened. As you discuss the memory with the therapist, include the following:
  - a. How you felt at the time
  - b. What you were thinking at the time
  - c. How you feel now when you think about it
  - d. And what you think about it now
  
7. Once you have connected with the memory, notice any sensations in your body that indicate distress (fast heart rate, shallow breathing, etc.) and note these to the therapist.
  
8. After you have identified what the anger feels like in your body as you discuss this memory, take a temperature reading of your current anger.
  
9. If your anger is under a 25, you may need to connect more closely with the memory or choose another memory in order to activate feelings of anger more effectively. If your anger distress approaches your boiling point (or passes it), begin to disengage from the memory in order to lower your distress level.
  
10. Once your anger level is above 25, but still at a manageable level, you are ready to perform a bottom-up technique to practice lowering your anger distress.
  
11. After some practice with pendulation, you may develop the ability to titrate your distress level upward, to a temperature above 35, and down-regulate it using the same process.