

Zero to Ten in Seconds

Slow down an anger that seems to arrive with no warning at all.

WHEN TO USE THIS

Use this when your anger goes from nothing to everything in a heartbeat.

How fast does it usually go from fine to full?

0	1	2	3	4	5	6	7	8	9	10
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Slow build

No warning at all

Take the last time. Slow it right down. What happened in between nothing and everything?

Even half a second has something in it. A look. A word. A memory.

What has ever slowed it down, even slightly?

1.

2.

3.

4.

Fast anger is still made of steps. They are short, and they can be found.