

ANGER SAFETY DANCE CHECKLIST

Select your desired safety dance:

- Boxing
- Chopping Wood
- Safely Smashing Items
- Throwing A Pillow
- Punching A Pillow
- Yelling
- Dancing
- Shaking / Shivering
- Other: _____

Plan your time (Minimum ten minutes. Goal twenty-thirty minutes).

- Location: _____
 - Safe?
 - Secure?
 - Stable?
- Date and Time: _____

At the planned time, make sure you have:

- Story. Journal or a note to yourself.
- Tissues.
- Water.
- Any accessories needed for activity (see description in book).

The Process:

1. Take a breath.
2. Close your eyes.
3. Open them and read your story.
4. Visualize it if possible.
5. Start your exercise, keep thinking about the story and emotions.
6. Pick up your pace.
7. Find a phrase to express your emotion, start to say it.

8. Increase intensity.
9. Start to yell your phrase.
10. Maximize intensity.
11. SCREAM phrase.
12. End. You will know you are done when your body is exhausted, and you collapse.
You may cry, you may laugh, your reaction is unique to you. Just let it out, and embrace your emotions.