

# AGGRESSION

# REPLACEMENT

# TRAINING

I'VE ENROLLED IN A CLASS CALLED  
A.R.T.,  
I'M LEARNING HOW TO DEAL WITH  
ANGER LESS AGGRESSIVELY;

THERE ARE SIX BASIC TECHNIQUES  
CALLED T.C. RATS,  
WHICH CAN IDENTIFY ANGER AND  
WHERE YOU'RE AT;

THE FIRST IS TRIGGERS THAT'S WHAT  
STARTED IT ALL,  
YOU MUST COMPLETE THE CYCLE  
TO MAKE THE RIGHT CALL;

NEXT THERE'S CUES THIS IS BODY  
LANGUAGE,  
THINGS YOU MAY FEEL WHEN  
YOU'RE A LITTLE ANGUISHED

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THEN THERE'S REMINDERS YOU  
MUST REMIND YOURSELF,  
WITH CERTAIN TRIGGERS AND CUES  
THERE'S ONLY ANGER THAT'S LEFT;

RECOGNIZING TRIGGERS, CUES  
AND REMINDING IS FINE,  
NOW IT'S TIME FOR YOU TO MAKE YOUR  
ANGER DECLINE;

THERE ARE SEVERAL WAYS TO DO THIS  
BUT WHAT WORKS FOR ME,  
IS COUNTING BACKWARDS LEAVING  
OUT ONE, TWO AND THREE;

THIS PROCESS GOES ON NOW IT'S  
TIME FOR YOU TO THINK,  
WHAT SHALL I DO NOW TO CAUSE MY  
SHIP NOT TO SINK;

WHEN THIS WORKS FOR YOU AND  
THINGS TURN OUT O.K.,  
THAT'S YOUR REWARD PRETEND  
IT'S YOUR PAYDAY.

Payne  
12/11/11