

THE ANGER MODE FIELD GUIDE

A private, practical workbook for moments of anger. Not therapy, diagnosis, or a substitute for urgent help.

Anger is information, not an instruction. You can notice an emotion without approving every action it suggests. The aim is not to win an argument or become endlessly calm; it is to expand your choices.

Try it: Write one concrete observation, one question, and one safe, reversible action you could take. It is also valid to choose not to act yet.

01 / A 20-SECOND CHECK-IN

The shortest possible entry point.

Ask: How intense does this feel? What just happened? Am I safe? Do I need distance before deciding? If there is immediate risk, leave the situation and seek help rather than continuing this exercise.

Try it: Write one concrete observation, one question, and one safe, reversible action you could take. It is also valid to choose not to act yet.

ANGER MODE / SAHILVERSE — educational field guide

02 / WHAT THE BODY IS SAYING

Notice without turning sensations into diagnoses.

Common signs can include a tight jaw, quick speech, clenched hands, shallow breathing, heat, or a strong urge to act. These experiences differ across people. A simple observation can be: My shoulders are tight and I want to respond immediately.

Try it: Write one concrete observation, one question, and one safe, reversible action you could take. It is also valid to choose not to act yet.

ANGER MODE / SAHILVERSE — educational field guide

03 / FACT VERSUS STORY

Separate the event from the interpretation.

Fact: My colleague interrupted me twice. Story: They do not respect me. Alternative: They may have been rushed; I do not yet know. The alternative does not excuse harm. It simply keeps the evidence and interpretation distinct.

Try it: Write one concrete observation, one question, and one safe, reversible action you could take. It is also valid to choose not to act yet.

ANGER MODE / SAHILVERSE — educational field guide

04 / THE NEED UNDERNEATH

Name a possible need without declaring a verdict.

Anger may accompany threatened safety, dignity, fairness, autonomy, trust, rest, or belonging. These are hypotheses, not a personality test. Ask which need is relevant and what action could protect it without coercion.

Try it: Write one concrete observation, one question, and one safe, reversible action you could take. It is also valid to choose not to act yet.

ANGER MODE / SAHILVERSE — educational field guide

05 / THE PAUSE

Create room without forcing a specific breathing pattern.

Place both feet on the floor if comfortable. Notice three neutral objects. Loosen your hands. If safe, step away from the conversation. Say: I need a little time before I answer. Some people prefer walking, water or silence. Choose what works for you.

Try it: Write one concrete observation, one question, and one safe, reversible action you could take. It is also valid to choose not to act yet.

ANGER MODE / SAHILVERSE — educational field guide

06 / BOUNDARIES THAT DO NOT THREATEN

A clear boundary describes your action, not control over another person.

Try: When the plan changes without notice, I lose time rearranging work. Please check with me first. If that cannot happen, I will confirm changes in writing. Boundaries are not guarantees of agreement. You can choose not to speak when it is unsafe.

Try it: Write one concrete observation, one question, and one safe, reversible action you could take. It is also valid to choose not to act yet.

ANGER MODE / SAHILVERSE — educational field guide

07 / ASSERTIVENESS VERSUS AGGRESSION

A comparison you can use in the moment.

Assertive: That remark hurt. I would like to discuss it privately. Aggressive: You always humiliate me; you will regret it. Avoidant: Nothing happened. Each may have short-term incentives, but the long-term costs differ. Safety and power imbalances matter.

Try it: Write one concrete observation, one question, and one safe, reversible action you could take. It is also valid to choose not to act yet.

ANGER MODE / SAHILVERSE — educational field guide

08 / THE SIX SITUATIONS

Rehearse without predicting real people.

A dismissive message; a queue conflict; an unannounced deadline; criticism in a meeting; repeated calls after a boundary; unfairly distributed work. For each, write: What do I know? What do I want to protect? What is the smallest safe next move?

Try it: Write one concrete observation, one question, and one safe, reversible action you could take. It is also valid to choose not to act yet.

ANGER MODE / SAHILVERSE — educational field guide

09 / AFTER THE MOMENT

Learn without self-punishment.

Ask what happened, what helped even slightly, what cost the most, and what you would try next time. If you behaved in a way you regret, accountability can include a specific apology and a concrete change. You do not need to assign yourself a grade.

Try it: Write one concrete observation, one question, and one safe, reversible action you could take. It is also valid to choose not to act yet.

ANGER MODE / SAHILVERSE — educational field guide

10 / ANGER AND POWER

Some problems require structural solutions.

When work is unfairly distributed or someone has more authority, emotional regulation alone does not solve the system. Consider documentation, workload redesign, safe reporting channels, support from peers, and realistic constraints. Avoid putting the entire burden on the person affected.

Try it: Write one concrete observation, one question, and one safe, reversible action you could take. It is also valid to choose not to act yet.

ANGER MODE / SAHILVERSE — educational field guide

11 / WHEN NOT TO CONFRONT

Safety overrides a good script.

When threats, violence, coercion or intimidation are present, do not use a communication exercise as a substitute for a safety plan. Prioritize distance, trusted support and appropriate local emergency services. In India, the emergency number is 112.

Try it: Write one concrete observation, one question, and one safe, reversible action you could take. It is also valid to choose not to act yet.

ANGER MODE / SAHILVERSE — educational field guide

12 / A 24-HOUR EXPERIMENT

One small action, then reassess.

Now: reduce urgency. Later: make one proportionate choice, such as a question, boundary, pause or request for help. Tomorrow: review what changed. Repeating the experiment is more informative than chasing a perfect score.

Try it: Write one concrete observation, one question, and one safe, reversible action you could take. It is also valid to choose not to act yet.

ANGER MODE / SAHILVERSE — educational field guide

13 / THE PRIVATE WORKSHEET

Write only what you are comfortable keeping.

Observed event: _____

My interpretation: _____

Another possibility: _____

Possible need: _____

My safety check: _____

A small next step: _____

What I might revisit tomorrow: _____

Try it: Write one concrete observation, one question, and one safe, reversible action you could take. It is also valid to choose not to act yet.

ANGER MODE / SAHILVERSE — educational field guide

14 / READ FURTHER

Primary public resources and useful adjacent work.

American Psychological Association: <https://www.apa.org/topics/anger/control>

NHS anger guidance:

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/anger/>

Center for Nonviolent Communication: <https://www.cnvc.org/learn/what-is-nvc>

Sahil Tayal Atlas: <https://sahiltayal.com/>

These links are starting points, not endorsements or a guarantee of clinical effectiveness.

Try it: Write one concrete observation, one question, and one safe, reversible action you could take. It is also valid to choose not to act yet.

ANGER MODE / SAHILVERSE — educational field guide