

# Podcast Companion Workbook

Anger mastery exercises you can use immediately.

Designed for print (KDP) + Kindle (EPUB)

**Episode Title:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Listener Name:** \_\_\_\_\_

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Angry Insights

# How to Use This Workbook

This is your bridge between what you heard and what you live. Use it once, then repeat it until it becomes automatic.

## Best practice

Work one page per day. Write short, honest answers. Your goal is progress, not perfection.

The Reset). 3) Use Page 8 to rehearse one real

Place QR code here  
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# The Anger Map

Anger is rarely the first emotion. Use this map to find what your anger is protecting.

### Trigger - Wound - Response

Trigger = what happened. Wound = what it touched. Response = what you did next.

Trigger (Facts)	Wound (Meaning)	Response (Action)
What happened? (no opinions)	What did it *mean* to you?	What did you do or say?
Where were you? Who was there?	What need felt ignored?	What did it cost you?
What was said, word-for-word?	What boundary felt crossed?	What would you do differently?

### Your example (write it out)

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# The Reset

A short sequence you can run in real time. Practice it when you are calm so it shows up when you are not.

**STOP** Pause your body. Unclench your jaw. Drop your shoulders.

**NAME** Name what is happening: "I'm escalating" or "I'm feeling disrespected."

**BREATHE** Take 4 slow breaths. Longer exhale than inhale.

**CHOOSE** Choose the next right move: soften your tone, ask a question, or take a time-out.

## Practice plan (2 minutes)

Write one situation where you usually blow up. Then write the exact words you will say after the Reset.

**Situation:** \_\_\_\_\_

**My words after Reset:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# R.O.S.E. Framework

Use this to slow conversations down and keep dignity on both sides.

## R - Room to be vulnerable

What are you scared will happen? What do you actually need?

## O - Opportunity to speak

State your point in one sentence. Then stop.

## S - Safe space

Agree on tone, time, and no insults. Use time-outs if needed.

## E - Empathetic ear

Reflect back what you heard before you respond.

### Your next conversation plan

R (vulnerable truth): \_\_\_\_\_

O (one sentence ask): \_\_\_\_\_

S (rules): \_\_\_\_\_

E (what I will reflect back): \_\_\_\_\_

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# Anger Translation Guide

Translate anger into a message that can actually be heard.

Anger sounds like...	But it really means...	Try saying...
"You never listen."	I feel dismissed and unimportant.	"I need to know you heard me. Can you repeat what you heard?"
"This is ridiculous!"	I'm overwhelmed and losing control.	"Give me 10 minutes to calm down, then I'll come back."
"I do everything around here."	I need fairness and teamwork.	"Can we agree on a plan so it doesn't fall on one person?"
"Don't tell me what to do."	I need autonomy and respect.	"I hear you. I also need to choose how I handle this."

## Your translations

Write the sentence you usually say. Then write what it really means. Then rewrite it so it can be received.

What I say	What I mean	What I'll say instead

# Real Conversation Rehearsal

Rehearse before you enter the room. This is how you change your outcomes.

**One rule**

Write it like a script. Short sentences. Calm tone. One request at a time.

**The Script**

**Opening (soft start):**

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**What I observed (facts):**

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**How I feel (one emotion):**

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**What I need (clear need):**

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**My request (specific):**

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# Boundary Builder

Boundaries are not threats. They are clarity: what you will do to protect peace.

Area	My boundary (limit)	If it happens again, I will...
Tone / respect		
Time / availability		
Money / responsibilities		
Space / privacy		

### Boundary language that works

Try: "If the yelling starts, I will take a 15-minute break and come back." (Action you control.)

# De-escalation Plan

You don't rise to the moment. You fall to your plan. Build the plan now.

Before (prevention)	During (in the moment)	After (repair)

## My personal warning signs

Circle what applies, then add your own:

- tight chest
- clenched jaw
- racing thoughts
- volume rising
- sarcasm
- interrupting
- pacing
- shutting down



# The 60-Second Listening Skill

Most conflict is a fight for meaning. Validation calms the nervous system.

**Do this for one minute**

1) Repeat what you heard. 2) Name the emotion you think they feel. 3) Ask: "Did I get that right?"

They said...	I reflect back...	Emotion I name...	Question I ask...

**My listening goal for the week**

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# Weekly Scorecard

Anger is amplified by depletion: low sleep, stress, hunger, and overload. Track what matters.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep 7+ hours							
Workout / movement							
Protein + water							
10-min quiet time							
Used the Reset							

**What triggered me most this week?**

**What worked when I calmed down?**

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# 7-Day Calm Challenge

Small wins stack into a new identity. Pick one action each day and do it on purpose.

- Day 1:** Complete the Anger Map (Page 4).
- Day 2:** Practice the Reset 3 times when calm.
- Day 3:** Rewrite one anger sentence using the Translation Guide.
- Day 4:** Use the R.O.S.E. plan before one conversation.
- Day 5:** Take a time-out once, then return and repair.
- Day 6:** Do the 60-second listening skill with someone.
- Day 7:** Write your commitment contract below.

### Commitment Contract

I commit to practicing calm leadership. When I feel escalation, I will run the Reset and choose a response I respect.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**My next step (one sentence):**

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