
THE TWO-MINUTE ANGER RESET

Create space between the feeling and the response.

A short, practical exercise for moments when you feel emotionally activated and need to create space before responding.

Use this tool to pause, notice what is happening in your body and thoughts, name the emotion beneath the anger, and decide what response best reflects your values.

TWO MINUTES CAN CHANGE THE NEXT TWO HOURS.

The purpose is not to make anger disappear. It is to lower the speed of the moment long enough for you to choose what happens next.

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Your Two-Minute Reset

Move through four 30-second phases. Slow is more important than perfect.

0:00-0:30

PAUSE

Stop talking, texting, or acting. Create physical and verbal space.

Say silently: "I do not have to respond at the speed of my anger."

0:30-1:00

NOTICE

Feel your feet. Unclench your jaw and hands. Lengthen your exhale.

Ask: "What is happening in my body and what thought is fueling it?"

1:00-1:30

NAME

Identify anger, then look beneath it for the more precise emotion.

Ask: "Am I hurt, afraid, rejected, embarrassed, disappointed, or ignored?"

1:30-2:00

CHOOSE

Select the response that protects your values, goals, and relationships.

Ask: "What action will I respect when I look back on this moment?"

If you are still too activated after two minutes:

Do not force the conversation. State that you need a short break, choose a specific time to return, and use the reset again. If anyone is in immediate danger, leave the situation and contact emergency help.

What to Do in Each Phase

Use these cues until the four steps become familiar.

1. PAUSE: Interrupt momentum.

Put down the phone. Step back from the doorway. Stop rehearsing your next argument. If needed, say: "I want to handle this well. I need two minutes before I respond."

2. NOTICE: Regulate the body first.

Press both feet into the floor. Drop your shoulders. Breathe in gently, then make your exhale slightly longer. Notice heat, pressure, tension, shaking, or a racing heart.

3. NAME: Replace the headline with the full story.

Complete the sentence: "I feel angry, and underneath that I also feel _____. "
Precise language reduces confusion and helps you explain the real impact of the moment.

4. CHOOSE: Match the response to your values.

Your options may include speaking calmly, asking a question, setting a boundary, taking a scheduled break, writing your thoughts down, or choosing not to engage with provocation.

A CALM PAUSE SCRIPT

"I am feeling activated, and I do not want to say something harmful.

**I need _____ minutes to reset. I will return at _____ so we
can talk about this calmly."**

Remember:

A break is not punishment, avoidance, or silent treatment when you clearly communicate why you are pausing and when you will return. The return is part of the reset.

Reset Reflection

Use this page during or immediately after an emotionally activated moment.

1. What happened immediately before the anger rose?

2. What did you notice in your body?

☐ Tight jaw ☐ Tight chest ☐ Heat ☐ Racing heart ☐ Tight hands

3. What thought was fueling the anger?

4. What emotion was beneath or beside the anger?

☐ Hurt ☐ Fear ☐ Rejected ☐ Embarrassed
☐ Disappointed ☐ Grief ☐ Ignored ☐ Other

5. What value, need, boundary, or goal matters here?

6. What response best reflects the person you want to be?

My anger intensity:

Before (0-10)

After the reset (0-10)

Two-Minute Quick Reference

Save this page to your phone or print it for private use.

THE TWO-MINUTE ANGER RESET

0:00-0:30

PAUSE

Stop speaking or acting. Create space.

0:30-1:00

NOTICE

Feel your body. Unclench. Lengthen the exhale.

1:00-1:30

NAME

Angry - and what else? Name the deeper emotion.

1:30-2:00

CHOOSE

Select the response that reflects your values.

RESET QUESTION

"What response will I respect when I look back on this moment?"

Need help turning this practice into a lasting skill?

Explore coaching with Ricky C. Williams | www.therickycwilliamspodcast.com