

My Anger Workbook
For Migraines

1. Recognise your anger signs.
 2. Pause (count to 10, STOP, Time-out).
 3. Decide what to do. Consider both the short term and long term consequences of your anger. See if the function of anger is still serving you. (i.e. To get your own way, instead of learning to compromise, or is it a migraine signal).
 4. Control your own thinking.
 - a) Write down what I am angry about. My angry thoughts.
 5. Where can I get help?
 6. What other options do I have?
 7. What small steps can I take?
 8. What can I do?
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1. Recognise your own anger cues; conflict escalates sequentially if you ignore them (Heyman and Neidig, 1997, p.598).

My anger cues are:

2. What is my Time-out strategy?

3. Decide what to do - **anger** indicates that:
 - a) this might be an early warning that my migraine is coming or
 - b) this issue is important and I will need to talk about it or
 - c) it is up to me to self sooth or calm myself down (ibid, p. 600).

4. Anger is learned over time (ibid, p. 601). What are my angry thoughts right now? I can control my own thinking.

a) What I am angry about is (possible migraine trigger?):

My negative thoughts are and could change to:

Negative thoughts are:	Change to positive:
<i>My kids must wish they had another mom who was healthy and happy all the time.</i>	<i>My kids must wish I didn't have migraines, but they are glad I'm their mom. We love each other a lot.</i>

5. Where can I get help?

I can call Mom to pop over and pick up the kids after school.

6. What are some options?

We can order in tonight.

7. What are some small steps?

I can text hubby and let him know to pick up food and then go rest.

Maybe take abortive first and then call hubby!

8. What can I do?

My suggestion is to use your time out strategy. Stop worrying thoughts and check in with your body to see if you need to take action – by that I mean taking your abortive or go find your pain management strategy [treatment plan](#) you have written up.

(My own example) Take 3 deep breaths, tune inside, and ask my body what it needs now. Acknowledge the anger and adrenaline rush in my spine, recognise it as a migraine symptom, take action – go and take my abortive, gather my migraine aides – ice pack, hot water bottle, close my curtains, put the do not disturb sign on the door, lie down, text husband and listen to my relaxation tape, try to sleep and rest and pray the migraine is a gentle short one. Know that I am safe and that the kids are being care for.

References:

1. Halford, W.K. And Markman, H.J. (ed.) (1997) *Clinical Handbook of Marriage and Couples Intervention*. John Wiley & Sons Ltd.: England.
2. Heyman, R and Neidig, P. (Chapter 23) Physical Aggression Couples Treatment. In Halford, W.K. And Markman, H.J. (ed.) (1997) *Clinical Handbook of Marriage and Couples Intervention*. John Wiley & Sons Ltd.: England.