



Negative Feelings and Aggression

Designed for a Young Person to be able to deal with Negative Feelings and Aggression

Introduction

- Establish rapport and check young person's agreement to participate.
- Identify what negative feelings the young person wishes to deal with in order to prevent violent and abusive outbursts.

Exploration of the negative feelings associated that can lead to these outbursts

- Using visualisation techniques get the young person to establish the feelings that precede the outbursts. For example, what physical symptoms accompany the feelings - the early warning signs. Also where the feeling starts to manifest itself and how it moves through the body.
- Get the young person to assign the feeling a colour.

Input

- Start with 7/11 breathing technique.
- Visualisation of calm and control - setting up calm anchors.
- Get the young person to assign a colour to this.
- Evoke the negative feeling and counteract this with the calm colour and move the feeling in a different way.
- Also discuss the technique of taking out the feeling, screwing it up and throwing it in the bin/kicking it away (whatever is appropriate to the young person).

Future Pacing

- Mental rehearsal of the new behaviours, visualisation, use of anchors and breathing techniques.
- What will be different? How will you know things have changed?
- Use of language such as "Just imagine how you will feel when..." .