



Episode 111: What to Do When You Start To See Red

with Graham Lee

We're all prone to anger from time to time and you'll know how difficult it is to control – and how destructive it can be. When you're seeing red, it becomes a challenge to be reasonable. In this episode, Graham Lee joins Rachel to discuss the strategies you can use to assess and manage your emotions. Find out what hides behind your anger, and you can bring yourself back into the green.

You can't communicate effectively if you're in the red. If you want to manage your anger, this episode is for you.

Podcast links

Check out our [Permission to Thrive CPD membership](#) for doctors.

Find out more about the [Shapes Toolkit](#) training, talks, and workshops.

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Join the [Shapes Collective FB group](#).

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[Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).

Check out the [Faculty of Medical Leadership and Management](#) if you want to attend the Leaders in Healthcare conference and attend my face-to-face workshop on leading without rescuing.

Are you interested in joining our You Are Not A Frog retreat? Or perhaps you have some questions about failure. Drop us an email at hello@youarenofrog.com to let us know!

Guest links

Connect with Graham: [LinkedIn](#)

[Breakthrough Conversations for Coaches, Consultants, and Leaders](#) by Graham Lee



Quote to remember:

'Every relational complaint or criticism is a tragic expression of an unmet need.'

What You Will Learn

Anger is not a pleasant feeling, whether you're feeling it or on the receiving end of it. But when you're angry, your emotions and thought process tend to spiral out of control, and communication breaks down.

This activity helps you get a better grasp of your emotions. When you're angry, there is often an unmet, unaddressed need. By processing and assessing your thoughts and feelings, you can communicate more effectively.

Completing this exercise allows you to understand your emotions better. Everyone needs a moment of calm; learn things that help you get into a green state when you see red. With these actionable tips and strategies, you'll be able to guide yourself back into a calmer state and reach a place of recognition, respect, and resolution with another person.

Activity: Understanding Your Anger

Q1. Describe how your thoughts, feelings, and behaviours in each state.



Red	Amber	Green

Q2. Reflect on a situation where you had an outburst of anger or were definitely in the red zone.

What made you act that way? What was your unmet need at that moment? Could you have reacted differently?

Q3. When you next feel angry, try to pause and observe how you feel, both emotionally and physically.

What feelings and sensations did you observe?



Q4. What helps you to notice you're in your red zone?

Q5. List six things you can do to notice you're in red and get back into green.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Q6. Do you find it difficult to be vulnerable and express your needs? How can you communicate your feelings and needs effectively?

Q7. How can you be more receptive to other people's feelings and needs?



Q8. Anger often has a domino effect. When the person you're talking to gets a little heated, you might start to feel a bit hot under the collar, too. **When the person you're talking to begins sliding more into their red state, how can you help guide them into a more resourceful state?**

Q9. Below is a checklist that you can use when you find yourself getting heated in a conversation. Try this next time you notice you're in red and reflect on how it went:

- Take a deep breath and pause.
- Observe your thoughts, feelings, and body.
- Stay in those sensations. Process them. Describe them.
- Perform activities or exercises that help you get back into a green state.
- Invite the other person to shift their attention to a more resourceful state.
- Reassess how you're feeling after a few minutes.
- What's your primary emotion? What's your unmet need?
- How can you communicate your feelings and needs calmly while also listening to the other person?

Q10. How can you be more compassionate with yourself when you're angry?



CPD time claimed:

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