

Self Management Toolbox

The Starting Line:

Welcome! In this particular tool box, we're going to learn all about a Brake Shop treatment for explosive reactions; what's often called "rage." We call this treatment in the Brake Shop, Self Management. Now many different leaky brakes can, and often do, contribute to, um, rage reactions. Uh, the nice thing about Self Management is that regardless of which leaky brake or combination of leaky brakes is leading to those outbursts, uh, Self Management will help. Now what exactly is rage do you say? I often, I often tell people there's two types of people in the world; people who have seen a rage, and people who haven't. And you know, if you've seen a rage, you know it. And if you're not quite sure if you've see a rage or not, you definitely haven't. Now if you fall in that second group then what would be wise to do before going through these videos is to learn more about what rage is and looks like. And there are other areas of our website devoted to that, um, jammed packed with information about this particular leaky brake overload. Now in Self Management, we tend to talk a lot about frustration beakers. Um, frustration beakers are, where we, they're, they're internal, it's where we put, you know, our different, ah, you know, stressors, or things that are annoying us and so, um, they cause it to fill bit by bit as more gets added. Everyone has a frustration beaker, and you know everyone's frustration beaker is the same size. Also, anyone, no matter who they are, once their beaker is full, watch out, things are going south and you don't want to be around for that. Now the thing is with club members is that because of all of our different leaky brakes, we tend to have a lot more annoyances and stresses to deal with in a day so our beakers tend to be on average a lot fuller than most other people's. And once they start to overflow then you know, we're getting mad at other people, they're getting mad at us, and of course, you know, the, the real enemy is the full beaker that's, that's wrecking everyone's day. So the starting point for Self Management treatment then is that rage isn't something that we like doing. We don't rage because we love how we look when we do it, or because, you know, it makes us lots of friends and gets us lots of cool stuff. Uh, we rage because we're on leaky brake overload. Now, there may be some people out there that, uh, decide, you know, they have good brakes and they decide to use anger, ah, you know, in a crafty sort of controlled way to get what they want. And you may have even been told before that you're one of those people. You may have even been told so many times that you're one of those people that you're starting to believe it. But you know what, that's not who we are. When you're a club member, rage is actually taking away good stuff. It's actually, it's ruining our lives. Uh, it's, it's, it's meaning that we don't have the friendships that we want. Um, rage makes us look stupid. It makes us look mean. You know it, it, makes people not want to be around us. It means we're not being the person that we don't want to be. I mean why on earth would we be doing that on purpose? Rage is like barfing. I mean, no one wants to do it, everyone tries to keep it from happening, and when it does happen we've got a big, nasty mess to clean up. So it's not fun at all, so let's do something about that. I'm Dr. Dunc...stick that tool in your toolbox.