

# 3 STEPS TO TAME YOUR AMYGDALA

## STEP 1



### BREATH DEEPLY 5 TIMES

- Your goal is to "condition" your brain to respond differently to your triggered amygdala with **relaxation** instead of rage or anger outburst
- Recent research shows that the best way to do that conditioning is **while your amygdala is activated**

## STEP 2



### TEMPORARILY RETREAT TO REBALANCE YOURSELF

- Make yourself take some time between feeling a negative feeling and dealing with it
- During your "time out" do something that brings you back into personal harmony... something that will help you re-balance yourself
- Avoid excessive drinking of alcohol or use of other drugs to stabilize your misery

## STEP 3

### PRACTICE FOUR "THINKING REPAIRS" TO USE WHEN COOLING DOWN



- Thinking Repair #1: **I am responsible** for self-regulating my emotions including anger, anxiety, fear, and other negative emotions
- Thinking Repair #2: Maybe **I should look at my part** in the conflict or the loss of emotional connection
- Thinking Repair #3: Maybe **I expect too much** from my partner or from the relationship
- Thinking Repair #4: It is **damaging to myself** and others to see me like this