

# VERBAL JUDO: Class #1

## Redirecting behavior with words

### Mushin and Anger Guards ... How to Keep Your Cool

*In this week's Verbal Judo lesson ...*

We focused on **ANGER**. What makes you angry?

Everyone has a hot button, something that never fails to get you really, really mad.

**That's a problem.** In a state of anger you can't control yourself or the situation.

The first step to self-control is recognizing your weaknesses. If you identify your hot buttons, you don't have to react with anger. This is how you put an **Anger Guard** on your emotions!

We call this **Name It, Know It, Own It**.

If you can identify what bugs you, **you're ready for Mushin** ... This tenet of Asian philosophy means that you must keep a cool head in all situations. Don't get angry; remain emotionless. *(For us martial artists, Mushin is like a ready stance for your mind. You're cool, level-headed and ready to respond with no traces of anger.)*

***This week's FAMILY CHALLENGE is to use Anger Guards and Mushin at least three times. complete and return to your Instructor before the next Verbal Judo class.***

### Verbal Judo Car Talk #1

**Know your weaknesses:** Identify two things that *always* make you angry

- 1.
- 2.

**Anger Guards:** Now give them a label. ("Look! Here comes Miss Insults-Me-In-Front-of-Everyone!") You'll find that you're less angry when you stay rational in the face of conflict.

- 1.
- 2.

**Answer the following questions:**

1. What situations in your life require an anger guard? How can you use Verbal Judo in these situations?
  2. Maintaining a Mushin mindset is more difficult than it sounds! Do you agree or disagree? Why?
  3. Write a few sentences explaining how you and your family did on this week's Family Challenge.
- For more information about Verbal Judo, visit [www.verbaljudo.com](http://www.verbaljudo.com).***