

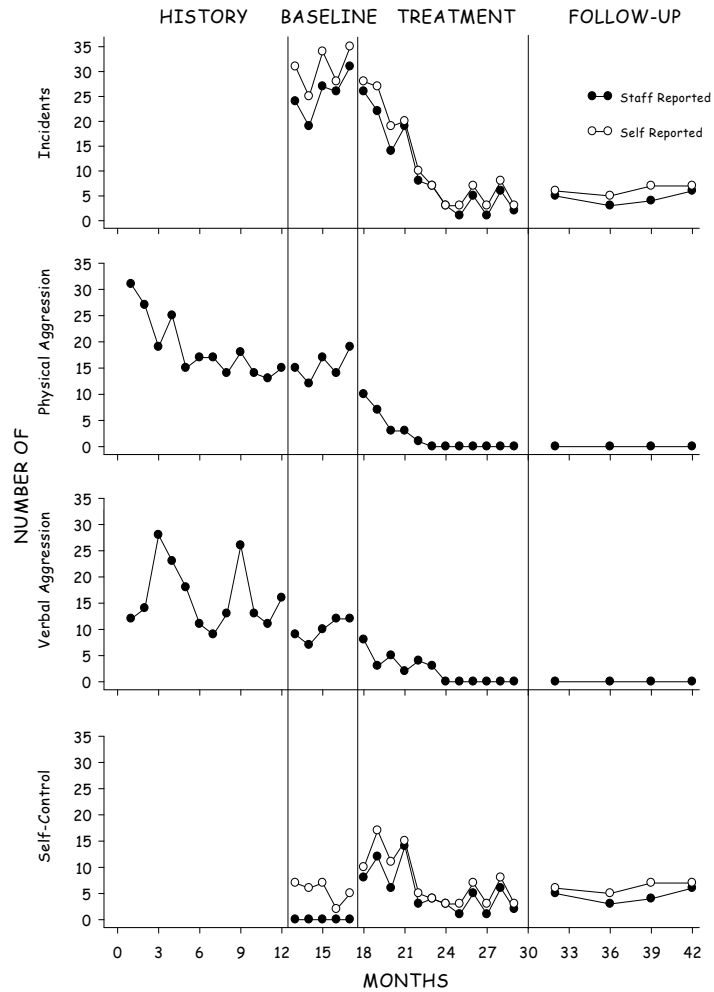


A Mindfulness-Based Approach to Managing Angst, Anger, and Aggression

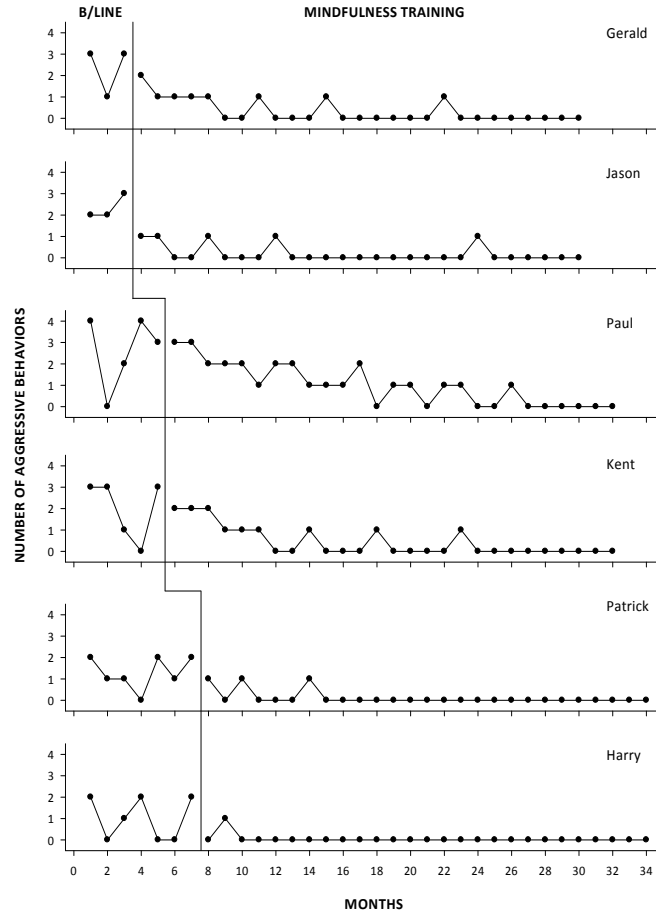
Meditation on the Soles of the Feet

- **Developed in the late 1990s**
- **Used to control emotionally arousing situations**
- **Based on shifting the focus of one's attention**
- **Most used in calming oneself**
- **Published research in controlling anger and aggressive behaviors**

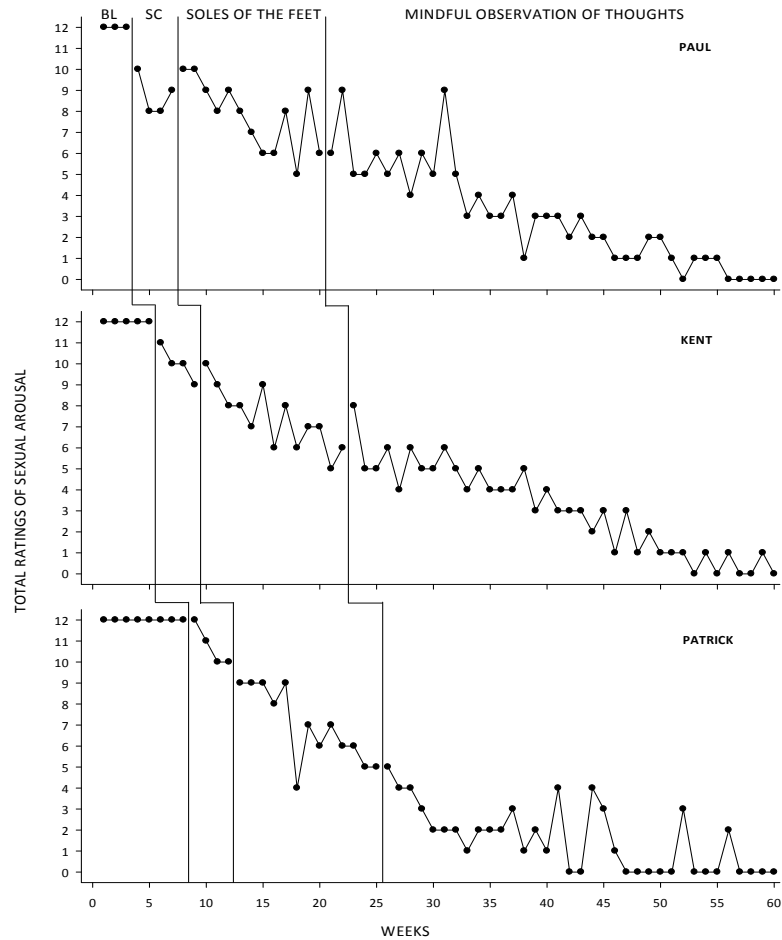
James



Example 2: Forensic DD



Example 3: Suppressing Sexually arousing Thoughts



Rationale

Skill:

- Controlling the urge to be physically or verbally aggressive

Rationale:

- When an incident occurs or a situation arises that typically makes you angry and you feel like either verbally threatening or hitting someone, it is important to control these feelings. We try not to threaten or hurt people when we disagree with them. There is a simple way of quickly calming yourself.

Training Steps

- If you are standing, stand in a natural rather than an aggressive posture, with the soles of your feet flat on the floor.
- If you are sitting, sit comfortably with the soles of your feet flat on the floor.
- Breathe naturally, and do nothing.
- Cast your mind back to an incident that made you very angry. Stay with the anger.
- You are feeling angry, and angry thoughts are flowing through your mind. Let them flow naturally, without restriction. Stay with the anger. Your body may show signs of anger (e.g., rapid breathing).
- Now, shift all your attention to the soles of your feet. Concentrate only on the soles of the feet and on no other thoughts.
- Slowly, move your toes, feel your shoes covering your feet, feel the texture of your socks or hose, the curve of your arch, and the heels of your feet against the back of your shoes. If you do not have shoes on, feel the floor or carpet with the soles of your feet.
- Keep breathing naturally and focus on the soles of your feet until you feel calm.
- Practice this mindfulness exercise until you can use it wherever you are and whenever an incident occurs that may upset you, make you angry, or lead to you being verbally or physically aggressive.
- Remember that once you are calm, you can walk away from the incident or situation with a smile on your face because you controlled your anger.

Practice Pearls

- Angry thoughts occur to all of us but not all of us act on all of them. In addition, anger can be justifiable and necessary depending on the context. Therefore, you may not want to eliminate anger entirely.
- Anger is a strength because it provides you with information about the situation you are in, and alerts you to do something positive to change the situation.
- Do not actively stop angry thoughts. The thoughts will stop by themselves when you fully shift the focus of your attention from the anger producing situation to the soles of the feet.
- Remind yourself to breathe naturally. It is not necessary to take deep breaths.
- You can engage in this type of meditation while standing, sitting, or walking slowly.