

The 'SCARF' Plan.

The 'SCARF' or 'Stay Cooler than a Ranting Fool' Plan is another Avoidance Plan or strategy & it is a Biggy, & one that is linked to ALL your sheets on this course. The SCARF Plan covers three steps listed below.

Step 1: Stay Cool. Actions & words to calm body & mind.

Step 2: Think.

- a) About the consequences of losing your temper, possible positive actions, punishment. Is there an acceptable explanation for what happened?
- b) Think about your anger triggers in a different way.

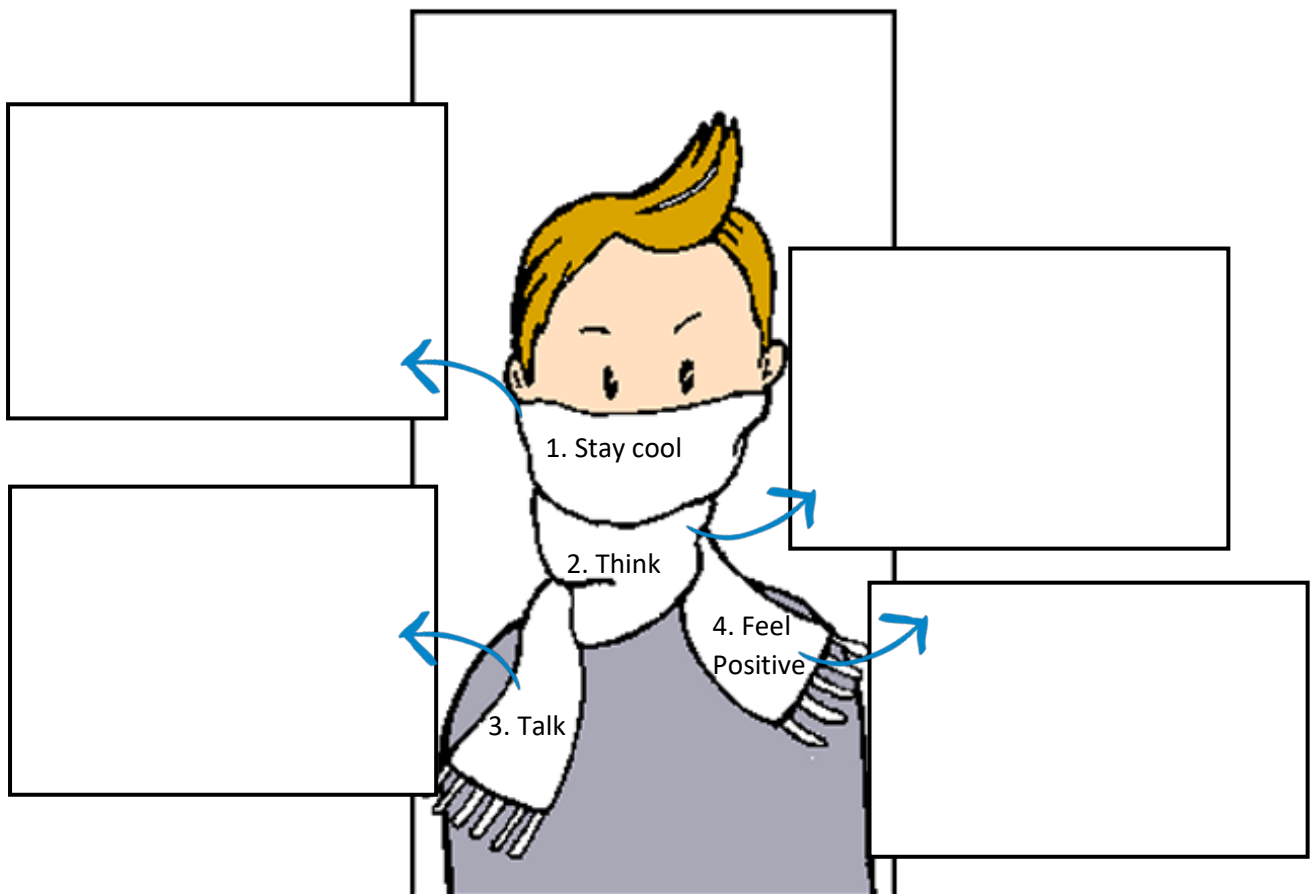
Step 3: Talk.

- a) To the person who has triggered your anger about what has made you angry. In addition, what you want to happen.
- b) To someone you trust.

Step 4: Feel Positive. Ways to get over your anger: e.g. exercise, favourite music, call a friend.

What advice would you give about how to control your anger?

The illustration below shows the Four-Step Plan for staying cool. For each step think of what you could do or say. Write your ideas for each piece of scarf next to it.



Stay Cooler than A Ranting Fool

Think of a time when you were angry. How could the plan have helped you?

Decide how you might use the plan in the future. Think of a situation that could arise & describe how you would act now.

Now for a giant self-target task, like the main baddie you get at the end of a game, you can do this but it takes time. Now look at each SCARF section or step & list the strategies you would now personally look to use under each one.

Giant Self-Target Task

Cool

Think

Talk

Feel Positive

Activity: Finally design your own personal SCARF Plan Poster or Pocket Postcard

'A pocket postcard would be great to look at when getting angry'.

