**Our Insight:** People aren’t violent when in their place of ***Empathy***

**Quotes and Tidbits**

Think back to the last time someone did something nice for you and do it for someone else.

It’s hard to do violence against someone you’re empathizing with.

**Decision Tree**

**First Prompt**

Hey how’s it going?

How’re you feeling this morning?

What color represents your mood right now?

**Responses**

**Angry Happy Sad**

* **Emoji**
* **Color**
* **Gif?**

**Ideas for background animation**

# Flow for anger

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| *(empathize)*  **Sorry to hear you’re feeling that way.** | | | | | |
| exercise **(card 1)**  Taking deep breaths has been shown to help...  **[Tell me more] [Something else…?] {-->next}**  Let’s do it now, it’s easy! Breathe deep into your belly for a slow count of 6.  Inhale slowly for a count of 4.  Place one hand on your belly and repeat above exhale and inhale 5 more times. Easy peasy.  **Was that helpful?**  **[Yah, it was]  [No, show me something else] {-->next}**  **(follow-up card)**  Doctors say it best: slowing your breathing calms your emotions.  **(wrap up card)**  **Sweet! (with emoji) {-->next}** | quote **(card 1)**  (random quote from selection)  **[Tell me more] [Something else…?] {-->next}**  **(card 2)**  (random quote from selection)  **Feeling better?**  **[Sure, a bit]  [No, how about something else] {-->next}**  **(follow-up card)**  Take a moment to think about how one of these quotes relate to you.  **(wrap up card)**  **Right on (with emoji) {-->next}** | exercise **(card 1)**  Think of one of your role models. Ask yourself: “What would they do right now?”  **[Tell me more] [Something else…?] {-->next}**  **(card 2 -3)**  Changing your perspective can shift your energy!  **Was that helpful?**  **[Yah, it was] [No, show me something else] {-->next}**  **(wrap up card)**  **Sweet! (with emoji) {-->next}** | exercise **(card 1)**  Where’s your favorite place to be?  **[Tell me more] [Something else…?] {-->next}**  Imagine you’re there right now...  Think of all the things you love about it, and how that makes you feel.  See it. Feel it. Live it.  **Was that helpful?**  **[Yea, I’m a bit calmer.] [No, show me something else] {-->next}**  **(follow-up card)**  When you really imagine yourself somewhere else, your body will respond as if you’re there.  **(wrap up card)**  **Feelin’ it. (with emoji) {-->next}** | stories **(card 1)**  “I’m just trying to make people’s lives a little bit weirder…”  **[Tell me more] [Something else…?] {-->next}**    “During the week I’m a supervisor at an insurance company.  I’ve got to hide my identity because I have four people working under me. I think it would be hard to hold the team together if they saw me like this.”  **Was this helpful?**  **[Yup] [Hmmm, show me something else] {-->next}**  **(wrap up card)**  **Movin’ on... (with emoji) {-->next}** |  |

## Quotes

"Do not let your anger lead to hatred, as you will hurt yourself more than you would the other."

- Stephen Richards

“Impatience is the breeding ground of anger.”

- Ketan R Shah

"The greatest remedy for anger is delay."

- Thomas Paine

“Speak when you are angry – and you’ll make the best speech you’ll ever regret.”– Laurence J. Peter

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.” -Buddha

“For every minute you are angry you lose sixty seconds of happiness.” – Ralph Waldo Emerson

**More exercises**

Try counting down slowly, from 25 to zero. Close your eyes, or focus on something calming in your field of vision. Remember to slow down your breathing. With each number, feel yourself getting calmer.

If you can, go outside for a little walk. Changing your perspective & getting some fresh air can help calm you down.

**===== Not sure about this one …**

## (topic 3)

**(card 1)**

“Every day seems like a new low...”

**[Tell me more] [Something else…?] {-->next}**

**(card 2 -3)**



“I’m currently going through a transition with housing. I’ve got issues with her father. I’m on my own for the first time. I don’t even know where we’re going to live. But she’s always trying to cheer me up.

One time she drew a rainbow, and put it in the mailbox, and told me I had mail. When she saw me crying on Mother’s Day, she said: ‘I got you, Mommy. You’re the best Mommy ever and I’m always going to hold you down.’ And she learned this song from the show Yo Gabba Gabba. It goes: ‘If you try it, you’ll like it.’ So that’s what she says to me whenever I feel like I can’t get out of bed.”

**Was that helpful?**

**[Yah, it was] [No, show me something else] {-->next}**

**(follow-up card)**

**(wrap up card)**

**Sweet! (with emoji) {-->next}**

**=====**

* **more quotes**
* [**https://www.pickthebrain.com/blog/10-quotes-anger-help-calm/**](https://www.pickthebrain.com/blog/10-quotes-anger-help-calm/)

**-stories**

* [**http://storiesforpreaching.com/category/sermonillustrations/anger/**](http://storiesforpreaching.com/category/sermonillustrations/anger/)
* **the stories are all a little too long**

# Cards for sadness

**-exercises**

* **exercise**
* **smile**
* **practice mindfulness**
* **listen to upbeat music (provided?)**
* **get some sunlight**