

RAGE SPIRAL

Catch the escalation before the point of no return. Maps one spiral in five parts: the spark, the body's first move, the climb, the point where it stopped being about the thing, and the exit ramp you walked past on the way there.

01 // WHAT THIS IS

ANGER THAT FEEDS ITSELF

One spark starts it, then the mind adds fuel: replaying the moment, rehearsing what you should have said, pulling in every other time this happened. By the time it peaks, the original spark is barely in the room. What's left is momentum. This maps the climb in parts instead of one undifferentiated wave, because the spark, the story, and the tipping point are doing different jobs.

02 // HOW TO USE IT

- 1. Name the spark.** The specific moment that lit it. Not the whole day, not the whole relationship. One thing.
- 2. Catch the body's first move.** Heat, heart rate, clenched jaw, tight fists. The earliest and most reliable place to intervene.
- 3. Track the climb.** How the story grew: replays, rehearsed comebacks, old grievances stacked in that aren't about right now.
- 4. Mark the point of no return.** Where it stopped being about the original thing and became about not backing down.
- 5. Find the exit ramp.** The earlier-than-you-think moment it could have been interrupted, and what that interruption actually looks like.

03 // WHEN TO USE IT

A NOTE BEFORE YOU START

This is a debrief tool, not an in-the-moment one. Use it once the peak has passed and you can think in short sentences again; in an active spiral, physical distance comes first. If the spirals are frequent, intense, or involve harm to yourself or anyone else, that belongs with a licensed clinician rather than a worksheet.

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RAGE SPIRAL

DATE

THE SITUATION

01 // MAP THE CLIMB

1. The Spark

The specific moment that lit it. One thing, not the whole day.

2. The Body's First Move

The physical signal that showed up before the story did.

3. The Climb

How the story grew, and what got stacked in that wasn't about right now.

4. Point of No Return

Where it stopped being about the thing and became about not backing down.

5. The Exit Ramp

Where it could have turned, and what that interruption actually looks like.

PEAK INTENSITY — MARK ONE

1	2	3	4	5	6	7	8	9	10
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EARLIEST SIGNAL TO WATCH FOR NEXT TIME

WHAT I'LL DO WHEN I CATCH IT