

Anger Managment

Why are you angry??

- Is your anger really masking other feelings?
- Are you feeling:
 - Shame
 - Embarrassment
 - Hurt
 - Guilt
 - Frustration

Know your triggers

- Take notice of how your body reacts when you start feeling angry
- Be aware of your negative thought process
- Know what situations tend to trigger your anger
- Determine if there are certain people that will set your anger off quicker than others
- Once you have identified these triggers try to avoid them or prepare yourself if they are unavoidable

Tips

What to do to keep the anger in check

Think before you speak

- Emotions, especially intense ones such as anger, can often make us say and do things that we do not really mean
- Be sure that you stop and think about what you are about to say before you blurt something out that you do not really mean

Calm Down

- Try to calm yourself down before you talk
- Express your anger (or other emotions) once you have calmed down
- You will be able to express yourself better and think more clearly
- The other person will be more receptive to your feelings if you are talking to them calmly

Take a time out

- When your anger gets out of control take a time out
- Excuse yourself from the situation...take a break
- Count to ten
- Take deep breaths
- Walk around
- Be alone

Identify Possible Solutions

- Try to come up with viable solutions to the problem
- Work with the other person or people to figure out a solution to the issue that can make everyone happy
- Compromise

“I” statements

- Be sure to use “I” statements to tell people how you are feeling
- For example:
 - I am upset because you did not take the trash out....instead of saying....You never take the trash out.
 - I am angry because you stood me up for our date.....instead of saying...You always pick your friends over me.

Don't hold a grudge

- Let things go
- Do not let a past fight, situation, discussion, etc. cloud the situation at hand...stay in the present
- Learn not to bring up things from the past into current arguments

Use humor

- Laughing can reduce some of the tension
- Humor can lighten the mood and make it easier to come to a possible solution or compromise
- Avoid using sarcasm; this can often make things worse and can hurt peoples feelings

Relax

- When anger gets too much use relaxation techniques to calm down
 - Meditation
 - Deep breathing
 - Progressive Muscle Relaxation
 - Visualization

Know when to seek help

- When your anger gets to the point that you can no longer control it you need to seek help
- Don't be afraid to ask for some help on working on your anger
- You probably need to seek help if:
 - Your anger is out of control
 - You are hurting (physically or emotionally) people you care about
 - You have regrets frequently after anger outbursts