

## **UNDERSTANDING ANGER**

- 1. Recognize you are angry and are fighting if another person is involved.**
- 2. Take a self-time out to cool off when fighting directly with another person.**
- 3. Spare children and teens from the toxic effects of fighting by never fighting in their immediate or indirect presence. Remember there's a better chance your children are watching you rather than you are watching them.**
- 4. Recognize the many ways anger expresses itself (examples include: dangerous driving, sarcasm, leaving a mess behind for someone else, depressing, not listening and producing poor quality work). Anger seeps out unconsciously creating conflict unknowingly.**
- 5. Acknowledge your anger as being an automatic response to your feelings being hurt.**
- 6. Recognize your anger as being respect-worthy. Anger is what makes us human. Being angry does not mean we are bad; it means we are hurting in some way.**
- 7. Realize the consequences of your anger. Acknowledge expressing anger in an unhealthy manner may result in a continuum of consequences ranging from death to having a loved one not speak to you for several days.**
- 8. Assess the situation contributing to your anger by asking yourself: Is it a 10 minute, 10 hour, 10 days, or 10 years crisis? We tend to go to catastrophic or black and white thinking when we are angry; thus, it's critical to objectively assess the anger provoking situation.**
- 9. Recognize when you are fighting both sides will discharge hurtful daggers targeting each other's most vulnerable facets. You can't take the daggers back and it's hard to not take them personal; this supports the need for taking a time-out.**
- 10. Understand making-up from a fight does not mean you have to lose face. Making-up is a sign of boldness and will strengthen a relationship. For example, it's okay to say you are sorry for the way things went the other day or I am sorry for my contribution in the fight last night.**
- 11. See the real win in any fight is the ability of two people to make-up and move forward with forgiveness. We are all doing the best we can based on our genetics, environment, family of origin, and spiritual determinants absolving us for the reasons why we do what we do.**
- 12. Recognize we are still responsible for the consequences of our behavior.**