



Managing Your Anger

Anger is a 'mask' emotion. It can come from many of places and is often the first emotion felt. For example – you might be hurt/sad – but act angrily first. It is a natural self-defense mechanism. You might lose at something/feel defeated – and get angry about it first, when that isn't the root emotion. can be hidden behind anger. Anger is the mask over true pain.

An angry person cannot make progress. Calming down or better yet, controlling the anger, is the first step to getting better.

How you handle your anger makes all the difference in how a situation progresses.

These strategies will help you to tame your angry feelings for a more positive outcome:

- 1. Consistently monitor your feelings. You have a range of feelings – not just anger.** To more effectively manage your anger, always try staying connected with all of your emotions. So, recognize when you are happy, sad or angry. Just be aware of your emotional state.
- 2. Recognize the anger as early as possible.** Annoyance, irritation, and frustration are all precursors to anger. These emotions can signal the potential of an impending angry outburst. It doesn't mean you have to avoid it, just be prepared. This might help reduce the magnitude.
- 3. Remove yourself from the location or situation.** As soon as you sense the development of the precursors to anger, it's time to vacate the area. This way, you won't be reacting in ways that will come back to haunt you. Instead, you'll have time to cool down before you respond.
- 4. Know your triggers.** Some things annoy some people and not others. If being in a certain situation or around certain people is something that fuels your anger, then avoid it. Also take time to try and work out WHY it is that triggers your anger.
- 5. Be honest about your anger issues.** If you're striving to better manage your feelings, your family, friends and especially your partner will probably be happy for you. It is important that you share with them. They can help you and it will feel less "me against the world".
- 6. Practice 'letting go'.** Whenever you find yourself with high emotions, learn to allow your feelings to pass through you and away from you. Just imagine them floating up to the sky into a big cloud and drifting away. Promise yourself you'll hold no grudges against anyone.





7. Journal your feelings. This can help for seriously angry people. Taking time to write down your frustrations and describing your anger helps to dissipate those negative feelings. This is a form of venting – without harming anyone else. When you're done writing, you're also done with that moment – it is over. *Leave your feelings of anger on the paper.*

8. Discuss the situation later. Understanding the problem is a big assistant for change. Once everything is done and the 'moment' is over – talk about it with someone you trust. This will make it feel more normalized, cover anything that might not have been said and also allow you to know that the moment is over.

9. Celebrate small successes. Recognize the times that you calmly exited and avoided an angry display of emotions. You handled your feelings successfully. Give yourself a mental pat on the back! And tell someone who knows about your anger that you had a success.

As you learn to manage your anger, you'll feel more self-confident, in control and content

