



**Anxietylab.org**

**3-4-5 Program Course**

## **Affirmations for Anger Management**

---

Uncontrolled anger is a kind of prison, making us act in ways that makes our lives much more difficult than it already is. For anyone with a severe anger problem, it is highly recommended to do the 3-4-5 Program or something like it. Anger does so much damage to our lives if it is uncontrolled.

See if you have an anger problem by asking yourself these questions:

Is my anger too intense? Does it get triggered too easily? Does it get triggered too often? When I get angry, do I get extremely angry? Do I stay angry for a long time? When I get angry, do I yell and break things?

If you answered yes to more than 2 of these, please consider doing the work to change the way you handle your anger. Then at some point some therapy or process has to take place to actually **reduce the amount of anger** you have to deal with.

### **Affirmations**

I VOW TO WORK ON CHANGING MY ANGER PROBLEM

I VOW TO WORK ON BEING LESS ANGRY

I KNOW WHAT WAS DONE TO ME WAS WRONG AND I'M JUSTIFIABLY ANGRY

I NOW UNDERSTAND THAT ANGER IS POWERFUL AND HAS TO BE CONTROLLED

I VOW TO ONLY EXPRESS ANGER AT THE RIGHT TARGET

I VOW TO ONLY EXPRESS ANGER AT THE RIGHT TIME

I VOW, FOR MY OWN BENEFIT, TO ONLY EXPRESS ANGER IN A CONTROLLED WAY

I KNOW ANGER IS A KIND OF ENERGY FLOWING THROUGH ME THAT I HAVE TO REGULATE

I KNOW THAT ANGRY OUTBURSTS WILL GET ME FIRED

I KNOW THAT ANGRY OUTBURSTS ARE TRAUMATIZING FOR MY KIDS AND SPOUSE (AND EVEN THE DOG)

I UNDERSTAND THAT ANGRY OUTBURSTS ARE SCARY TO WITNESS AND BE AROUND

I UNDERSTAND THAT ANGER IS POWERFUL AND HAS TO BE CONTROLLED

I DON'T WANT TO SCARE MY KIDS OR SPOUSE EVER AGAIN

I PROMISE MYSELF TO NOT INFLICT MY ANGER ON PEOPLE AROUND ME – IT'S DESTRUCTIVE

I VOW TO NOT YELL OR HIT IN ANGER – I AM A BETTER PERSON THAN THAT

I UNDERSTAND ANGER IS A KIND OF PRISON KEEPING ME AWAY FROM WHAT I WANT

I WILL NOT DESTROY MINE OR OTHER PEOPLE'S THINGS IN ANGER

I PROMISE TO FIND HEALTHIER WAYS TO GET THAT ANGRY ENERGY OUT

I WILL ONLY YELL IN THE CAR WHEN I'M ALONE AND NO ONE WILL BE UPSET BY IT

I PROMISE MYSELF TO NOT INFLICT MY ANGER ON OTHERS

ANGER WILL PUSH EVERY ONE I LOVE AWAY AND I DON'T WANT THAT

I HAVE LOTS OF THINGS TO EXPRESS BUT DON'T HAVE THE WORDS

I'LL FIND THE WORDS TO EXPRESS WHAT I NEED AND WHAT I'M ANGRY ABOUT

VIOLENT OUTBURSTS ARE NOT ALLOWED

I VOW TO MYSELF TO STOP VIOLENT OUTBURSTS

I WILL FIND METHODS TO EASE MY ANGER OUTBURSTS

I UNDERSTAND THAT TOO MUCH ANGER IS HURTING MY LIFE AND THOSE AROUND ME

I AM BETTER THAN THAT

I INTEND TO BE THE BEST PERSON I CAN BE – THAT MEANS CHANGING SOME THINGS

I INTEND TO HAVE A BETTER LIFE- IT'S UP TO ME TO DO THE WORK OF SELF IMPROVEMENT

I WANT A BETTER HAPPIER LIFE AND AM WILLING TO WORK ON MYSELF TO GET IT