

# ANGER MANAGEMENT-- -DO YOU HAVE THE TOOLS?

Yes, you DO have a choice....

# TECHNIQUE #1---RECOGNIZE STRESS

- ◉ Where do you feel it coming from? Anger usually covers up PAIN (hurt feelings) and FEAR, that you may lose something or not get what you want.

## #2: DEVELOP EMPATHY.

- ◎ Learn how to see things from the perspective of others. Their Truth is just as real as YOURS.  
Remember, reality is just PERCEPTION.

## #3 RESPOND INSTEAD OF REACT

- ◎ Learn to RESPOND rather than automatically REACT to anger triggers.
- ◎ You DO have the capacity to CHOOSE how to express your anger, so you can learn new ways to communicate your needs, feelings, or requests.

## #4:CHANGE THAT CONVERSATION WITH YOURSELF

- ◉ Recognize and modify your INNER conversations. Learning to challenge that negative "self-talk" empowers you to deal with anger more effectively. You can learn to calm yourself down or continue to rage, it's YOUR CHOICE.

## #5: COMMUNICATE ASSERTIVELY

- ◉ you CAN learn to be able to honestly and effectively communicate how you feel and to respond to things WITHOUT getting angry or hostile about it.
- ◉ "I feel anxious when you tell me you're going out and I'd rather you let me know when you'll be back."
- ◉ Using "I FEEL" statements allow them to see from your perspective.

# #6: ADJUST YOUR EXPECTATIONS

- Anger is often triggered by an IRRATIONAL EXPECTATION. Learning to adjust those expectations can help you cope with difficult situations or people, or even YOURSELVES.

## #7: FORGIVE, BUT DON'T FORGET

- *Resentment* is a form of anger that does more damage to YOU than the offender. Making a decision to "let go" (while still protecting yourself) is often a process of forgiveness--or at least acceptance---and a major step toward anger control.



## #8: RETREAT AND THINK THINGS OVER!

- ◎ This is removing yourself from the situation and taking a temporary "time-out" while sticking to some basic rules.