



# Ten Anger Tips

Anger happens when we are disappointed about something. It happens when we notice a gap between what we want or need from the world or someone we care about. It is a sign that we are facing a frustrating or stressful situation. Some tips for dealing with anger are:

1. **Own yourself.** You are what you say, what you do, what you think, and what you feel. Your feelings are as individual as your footprints. No person is responsible for them but you.
2. Anger usually follows another feeling – such as frustration, fear or hurt – which went unrecognized. **Learn to notice the other feeling first.**
3. **Now, try to express that feeling in words.** To be hurt, or afraid, or frustrated is to be human.
4. **Accept anger as one way people get what they want.** It is not the only way, and certainly not the best way. What you achieve with a temper tantrum is control over another person, not cooperation.
5. **Try to see people in a different light.** Instead of assuming that they are behaving in certain ways to hurt or anger you, realize that sometimes it is the only way they know how to react in a stressful situation.
6. When you are around someone who is angry, **try listening** not to the person's angry words, but **to the feelings behind the words.** What do you hear? Stress? Pain?
7. The way in which you become angry and what you do about such feelings are both habits. If you regularly let off steam by yelling at someone else, throwing an object, or hitting someone, see it for what it is – **a habit which can be relearned if you choose** to change it. In some cases, it may require the help of a professional.
8. **Physical exercise relieves tension.** It can help reduce the strain of a bad day at school or work, or a quarrel with someone. But, it is never the whole answer.
9. Saving up **minor irritations** for one big argument will not provide as much healthy relief as **dealing with them one at a time**-as they occur.
10. After becoming angry, do not “drive around a while to cool off.” **Walk or run around or talk about it out loud**, but avoid using machinery of any kind.



Taken from: “Anger-the „Mystery’ feeling”  
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