

Anger Management for Daily Use

Anger is a natural emotion that everyone experiences, in varying degrees from mild irritation to extreme rage, and from a wide variety of triggers.



- 1. Prepare for anger before it occurs – change your pattern of thinking about anger arousing conditions.**
- 2. Think in self-sentences – “This is going to make me angry, but I am going to deal with it in an intelligent manner.**
- 3. Try visual imagery. – “Why should I let it upset me. The sun will still come up tomorrow and it will be a new day.”**
- 4. If someone “always” makes you angry, avoid that person as much as you can.**
- 5. Speak assertively about your anger – control your tone and voice. “Sean you hurt my feelings when you said _____ about me.”**
- 6. Always use your softest voice to convey a message about your anger.**
- 7. Expressing your anger in an appropriate way reduces anger.**
- 8. Use physical releases to reduce anger – walk, jog, sports, and exercise.**