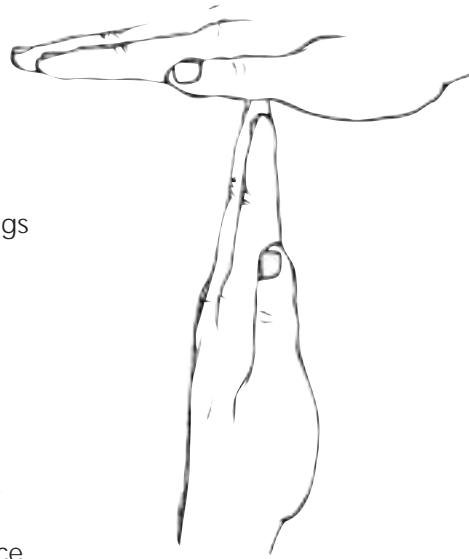


Helping Adults Manage Their Angry Feelings



* DID YOU KNOW?

If adults discipline children when they are angry, the adults are more likely to do something emotionally or physically harmful to the child. All actions have either good or bad consequences.

It is normal for adults to get angry; but it is important to learn to recognize angry feelings and to learn and practice positive ways of dealing with them.

What can you do when you are angry?

Do not act impulsively.

Relax, calm down, step back, take a break, count to 10, breathe deeply, leave the room, or do something else that works for you like listening to music or going to a peaceful place.

Have a positive self-talk about the situation.

Learn an anger-management strategy: The RETHINK model.

Step One: RECOGNIZE when you are angry.

What makes you angry and how does your body let you know you are angry? Recognize when anger is a substitute for other emotions like fear, stress, shame, or fatigue.

Step Two: EMPATHIZE with the other person's feelings.

See the other person's point of view, step into the other person's shoes.

Use "I" messages. (I feel angry when you show disrespect by walking out of the room when I am talking to you.)

Step Three: THINK about the situation differently.

Anger results from how we interpret what someone else says or does. Think about the other person's motive; don't feed into it.

Step Four: HEAR what the other person is saying.

Repeat what you are hearing. Do you really hear where the other person is coming from? Do you know why they did what they did to make you so angry? Look into the person's eyes and try to hear what his or her actions are really saying to you. Let the person know you want to listen to what he or she has to say.

Step Five: INTEGRATE respect and love with what you say.

"I" messages are a way of telling someone how you feel when they behave in a certain way and why you feel this way. (I feel angry when you call me a witch because it is so disrespectful.)

Step Six: NOTICE your body's reactions when you are angry.

Do you notice your body's reaction as you get angry—increased heart rate, harder and faster breathing, headaches, stomach pains, muscle tightness? Learn how to calm yourself down (deep breathing, counting to 10, going for a walk, listening to music, drawing, reading, saying "I am calm" over and over) and notice how you calm yourself.

Step Seven: KEEP your attention on the present, not past problems.

Do you know how to keep attention on the present event and its solutions? Don't bring up old grudges and wounds. Keep personalities out of the picture.

