

Rethink

Institute for Mental Health Initiatives

Skills to manage anger in constructive ways

Recognize...when you are beginning to **feel anger**, what you are angry about, and what the other person might be angry about.



Empathize...with the other person...it's **listening with your heart**.

Think...consider another way to **reframe** the situation to reduce or eliminate your anger.



Hear...what the **other person** is saying with complete attention, demonstrating your **understanding** the person's perspective.

Integrate...compassion, respect and where appropriate, love in your responses. Use **"I" statements** to express feelings.

Notice...how your body tells that it is feeling angry. What are **your anger alarm signals**?

Keep...to the **problem at hand** without bringing up another from the past.