

ANGER MANAGEMENT

7 tips to tame your temper

“NEVER RESPOND TO AN ANGRY PERSON WITH A FIERY COMEBACK, EVEN IF HE DESERVES IT...DON'T ALLOW HIS ANGER TO BECOME YOUR ANGER.”

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THINK BEFORE YOU SPEAK

- It's easy to say something you'll later regret
- Take a few moments before saying anything
- Allow others to speak

ONCE YOU'RE CALM, EXPRESS YOUR CONCERNS

- As soon as you're thinking clearly, express your frustration in an assertive but nonconfrontational way.

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GET SOME EXERCISE

- If you feel your anger escalating, go for a brisk walk or run.
- Or spend some time doing other enjoyable physical activities.

TAKE A TIMEOUT

- Timeouts aren't just for kids.
- Give yourself short breaks during times of the day that tend to be stressful.

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IDENTIFY POSSIBLE SOLUTIONS

- Try to be realistic about what you can and cannot change.
- Remind yourself that anger won't fix anything and might only make it worse.

STICK WITH 'I' STATEMENTS

- Instead, use "I" statements to describe the problem.
- Be respectful and specific.

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DON'T HOLD A GRUDGE

- Forgiveness is a powerful tool.
- Forgiving someone who angered you might help you both learn from the situation and strengthen your relationship.