

# "Managing Anger Tactfully"

## ☞ Coping with confrontation

- If you find yourself in a heated discussion, try to remember the following
- It's OK for someone else to have a different opinion
- Make yourself clear - try using phrases like, "I feel angry with you because..."
- Be clear about what you expect to come out of the discussion



Be TUNED IN to know more.....

For more guidance & tips email to - [manageanger@wellnessway4u.com](mailto:manageanger@wellnessway4u.com)