



ANGER MANAGEMENT

REASONS YOU MAY GET ANGRY . . .

Stress

Stress related to work, family, health and money problems may make you feel anxious and irritable.

Frustration

You may get angry if you fail to reach a goal or feel as if things are out of your control.

Fear

Anger is a natural response to threats of violence, or to physical or verbal abuse. Annoyance
You may react in anger to minor irritations and daily hassles.

Disappointment

Anger often results when expectations and desires aren't met. Resentment
You may feel angry when you've been hurt, rejected or offended.

***What
are you
really
feeling?***



GET BACK YOUR CONTROL

Start by taking a “timeout”:

Stop what you’re doing.

When you feel your anger warning signs developing and you start thinking angry thoughts, tell yourself to stop. This may help you calm down and think more clearly.

Try to relax.

- ✓ Count to 10 or 100.
- ✓ Get a drink of water.
- ✓ Take a walk.
- ✓ Take several slow, deep breaths



THEN

- ✓ Leave, if necessary.

If you are angry with another person, tell him or her that you need to take a timeout. Go to a safe place to calm down.

- ✓ Return when you're calm.

Once you've got your anger under control, go back and talk with the person or face the situation that triggered your anger.

- ✓ Remember to calm down.

Think carefully before you speak. You're less likely to say something you'll be sorry for later.

- ✓ Name the problem.

Calmly and clearly explain why you're angry or what the problem is. Don't yell, use insults or make threats. People will be less likely to consider your point.

U CAN ALSO . . .

- Use “I” statements.

After you describe the problem, use “I” statements to tell the person how you feel. These statements focus on you and your needs, wants and feelings. They also help the listener avoid feeling blamed or criticized.

- Identify solutions.

Say what you would like to change or see happen in the future. If you’re having a conflict with another person, try to find a solution together. Get help if you need it.

- Talk with a family member or friend.

Or consider seeing a counselor or other mental health professional. He or she can help you learn ways to express your feelings through role-playing and other methods.

EXERCISE

Integer lacinia scelerisque mi, a sodales nunc blandit at. Maecenas ligula diam, viverra sit amet odio ac, laoreet bibendum massa.



PICK RIGHT TIME

Sed dictum vehicula mauris. Donec at euismod purus, sit amet porta magna. Nullam at consectetur ex, dapibus condimentum quam.



TAKE TIME OUT

Praesent nec ex ante. Pellentesque auctor interdum diam sed mollis. Curabitur elementum libero non molestie hendrerit.



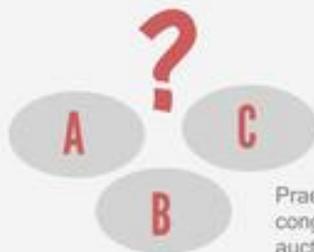
IDENTIFY SIGN

Donec at euismod purus, sit amet porta magna. Nullam at consectetur ex, dapibus condimentum quam.



FORGIVE

Mauris quis lectus ut ex porta accumsan in a ipsum. Maecenas ut libero ultrices felis bibendum euismod.



PLAN SITUATION

Praesent a ligula nisi. Suspendisse congue et mi nec blandit. Donec auctor et nibh in blandit. Sed ac velit tellus.

SEEK HELP

Morbi sodales feugiat odio non ornare. Duis in quam aliquam, aliquam quam ut, lacinia ex. Sed dictum vehicula mauris.



YOUR ANGER

HOW TO CONTROL



COUNT TO TEN

Pellentesque vehicula diam nisi. Phasellus non tincidunt dolor. Maecenas sem dui, venenatis in egestas eu, posuere eu libero.

PICK YOUR BATTLES . . .



25 things you can CONTROL

- #1 How you respond to challenges.
- #2 Who you ask for help.
- #3 WHEN YOU ASK FOR HELP.
- #4 Saying you need a break.
- #5 HOW YOU ACT.
- #6 How much effort you put to something.
- #7 Getting enough sleep.
- #8 Completing your responsibilities.
- #9 Using an i-Statement.
- #10 saying what you need.
- #11 How much exercise you do.
- #12 Setting your boundaries.
- #13 Respecting the personal space of others.
- #14 When and if you forgive others.
- #15 HOW OFTEN YOU SMILE.
- #16 owning up to your mistakes.
- #17 Whether or not you accept yourself.
- #18 Whether you look for the negatives or positives.
- #19 What you focus on in this very moment.
- #20 What goals you create for yourself.
- #21 THE KIND OF ATTITUDE YOU HAVE.
- #22 How you relate to your feelings.
- #23 Whether you help someone out or not.
- #24 How you take care of and treat your body.
- #25 WHEN YOU SHOW EMPATHY.

