TIPS FOR DEALING WITH ANGER

Research and experience show that when people with “anger problems” change their self-talk, their anger de-escalates and they regain control. When you feel yourself starting to get angry, take a TIME OUT and read these statements to yourself.

1. I do not need to prove myself in any situation. I can stay calm.
2. There is no need to doubt myself. What other people say doesn’t matter. I am the only person who can make me angry or keep me calm.
3. I need to take time to relax and slow down. I need to take a time out.
4. I feel angry, that must mean I am hurt and scared. My anger is a signal that I need to remind myself of these important statements.
5. I don’t need to feel threatened. I can relax and stay calm.
6. I don’t have to be competent and strong all the time. It’s okay to feel scared, unsure or confused. I can be powerful and ask for help at the same time.
7. It is impossible to control other people and situations. The only thing I can control is me and how I express my feelings.
8. It is okay to be uncertain or insecure sometimes. I do not need to be in control of everything and everybody.
9. If people criticize me, I can survive that, it will not kill me. I do not have to be perfect.
10. If people want to get angry, that is their choice. I do not need to respond to their anger or feel threatened.
11. When I get into an argument, I can stay with my plan and know what to do. I can take time out if I need to.
12. Most things people argue about are insignificant. My anger comes from old feelings being triggered. It’s good to take time and find out why I’m angry.
13. It’s nice to have other people’s approval but even without it, I can still accept and like myself. I don’t have to prove I’m right.
14. It’s okay to make mistakes and it’s important that I learn from them.
15. I cannot expect people to act the way I want them to or think they should.
Teens in families where one or both parents are blamers may have low self-esteem because they begin to believe what they are told. They may feel guilty and responsible for the family problems. Or they may become blamers, too, and never take responsibility for their behavior.

Stuffers are conflict avoiders. People who deny or bury their anger have told their anger; their motto is "peace at any price." They often have lots of tension under the surface. The underlying problem is never addressed, and therefore can't be resolved. Teens who have parents who stuff their anger don't have the opportunity to learn how to problem-solve.

Six Anger Styles

Blamers are passive-aggressive means to express their anger. The term passive-aggressive means expressing anger in subtle indirect ways. Some husbands are passive-aggressive for days when they are angry. Some teens that are angry about a divorce show their anger by not talking to their wives.

Some obvious ways to show anger are hitting, such as slapping, shoving, kicking, and slapping to hitting or punching, choking, using a weapon, or even killing. These are all harmful behaviors. Teens who grow up in violent families are often hypervigilant, constantly scanning the mood of the violent parent, or of the family, to help them predict when the violent parent will go to jail.

Violent Parents are often unpredictable in their violence. Their children never know what to expect. They never know what to expect. They children never know what to expect. They children never know what to expect.

Exploders use violence to express anger. This range from pushing, shoving, kicking, and stepping to hitting to punching, choking, using a weapon, or even killing. These are all harmful behaviors. Teens who grow up in violent families are often scared that they or someone else is going to be hurt. Sometimes violent parents get angry at teens who try to rescue. Teens in families where there are conflicts may be below the surface. Kids may have the feeling that they are angry and then look at why they are angry. They put thinking between their feelings and their behavior. They see if they are angry about a problem they can solve. If so, they use their problem-solving skills in anger situations. If the problem solver has a problem, they can't solve, they express their anger, give it too them power to change themselves. If the problem solver has a problem, they can't solve, they express their anger, give it too them power to change themselves.

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