



So What Can I Do About My Anger ?

1. Recognize & allow yourself to believe that anger is a natural, healthy, non-evil human emotion. Everyone feels it, we just don't always express it. There is no need to fear your anger.
2. Remember that you are responsible for your own feelings. You got angry at what happened; the other person didn't "make" you angry.
3. Remember that anger & aggression are not the same thing!
4. Get to know yourself, so you recognize those events & behaviors that trigger your anger. As some say: "find your own buttons so you'll know when they're pushed."
5. Learn to relax. If you have developed the skill of relaxing yourself, learn to apply this response when your anger is triggered.
6. Develop assertive methods of expressing your anger, be spontaneous; don't wait and let it build up as resentment; state it directly, avoid sarcasm and innuendo. Use honest, expressive language; avoid name calling, put downs and physical intimidation or attack.
7. Keep your life clear! Deal with issues as they arise, when you feel the feelings - not after hours / days / weeks of 'stewing' about it.
8. Learn to be assertive. Practice the little things that come up, then you'll be ready for the big things.
9. Go ahead! Get angry! But develop a positive & assertive way of expressing it! You, and those around you will appreciate the difference.

Taken from the Feelings Management Handbook