



# Behavioral Health Services

## Employee Assistance Program

Call for More Information or  
Professional Confidential Counseling  
301.766.7600 or 1.800.635.2774

### Proven Methods for Working Out Your Anger

1. Tune into your own messages when you are angry. LISTEN TO YOURSELF.
  - Is your thinking distorted?
  - Are you magnifying things?
  - Are you engaging in bouts of “I/you should have done\_\_\_\_\_”?
  - Are you mind-reading in which you project your own thoughts into someone else’s mind?
2. Negate distorted thinking patterns by “counter-punching”—out think your anger. Match each irrational statement with a rational counter statement:
  - “I’m making too much of this.”
  - “What is my evidence that this is true?”
  - “Do I really know this is how he/she thinks?”
3. Learn to activate your relaxation response.
  - Recognize your physical responses to anger such as tensed fists or jaws and reverse the process.
  - Talk yourself down from anger by counting 10-9-8-7-6-5-4-3-2-1.
4. Prevention is the best treatment.
  - Talk about what is bothering you on a daily basis to keep anger from building up.
  - Use “I feel.....” statements.
  - Practice your anger-release strategies when you are not angry.
5. Take time out.
  - Remove yourself from the situation for a short time—a minimum of 30 minutes is best.
  - Re-think your situation. Doing something physical will help dissipate the angry tension.
6. Communicate your anger directly.
  - Tell other people honestly, “I feel angry at you because \_\_\_\_\_, and I would like you to \_\_\_\_\_.”
7. Use anger management statements.

Develop these statements when you are not angry. USE THEM AS SELF INSTRUCTIONS when you begin to feel yourself getting angry.

  - “I can work out a plan to handle this.”
  - “Don’t YELL.”
  - “Calm down.”
  - “Take a deep breath.”
  - “Listen to what they say.”



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8. Model appropriate behavior.
  - Express your anger in an appropriate manner.
  
9. Develop your humor skills.
  - Enjoy life's absurdities.
  - Learn to laugh at yourself.
  
10. Solve your problems.
  - State your problem.
  - Outline aspects of the problem—who, what, where, when, why, how.
  - Brainstorm possible solutions.
  - Select a list of solutions and try them.
  - Evaluate your results.