

# 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: projecting 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 - tensed fists, jaws, and reverse the process.
- Talk yourself down from anger 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
- Use “I feel.....” statements.
- Practice your anger release strategies when you are not angry.

## 5. Take time out.

- Remove yourself from the situation for awhile - a minimum of 30 minutes is best.
- Re-think your situation; Do something physical which will help release 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.”

## 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.