

Anger Management Tips

1. Commit to acting calmly

- Be purposeful and proactive, not reactive!

2. If you become reactive, stop what you are doing

- You are better off stopping and not solving a problem than doing damage and saying something that you will regret later or is not productive now.

3. Watch what you say to yourself

- Talk less and listen more. Know that what you mean and what you say can be two different things. Your listener has a filter too, so attend to that as well.
- Self-talk can either keep you calm or feed the flames of angry rage. You can be proactive in talking yourself out of having to react or you can allow your defensiveness and frustration override what you end up doing.
- Do say things to self like “I can do something different this time.”
- Don’t review the events that led up to the emotions.
- Act the opposite of the way you are feeling.

4. Keep track of failures and successes (your own process)

- Failures and successes. Monitor the times and situations where things don’t go as you had planned. Plan to do things differently next time and celebrate when things go successfully.
- Many people really struggle understanding themselves and knowing how to take responsibility for their actions. Becoming more aware of yourself and aware of how you relate with others can assist with responsibility taking.
- Combat trigger thoughts. Learn what “sets you off” and ask yourself if this is an accurate picture of what is really happening or if some other thing could be causing it. Aim to stop these automatic thoughts from changing how you feel and react.
- Check “fairness” issues (entitlement). Everyone deserves to be treated with respect. Make sure that your actions are treating others fairly in the way you would “want” to be treated—even if they aren’t treating you that way. Reacting negatively leaves both parties in a lose-lose situation even if it feels like reacting helps you “win.”

5. Avoid blaming

- This will not help move the conversation anywhere!
- Realize what you can and can’t control.
- Have boundaries where needed!
- Win-Win means you must win as well.

6. Avoid black or white thinking

- This goes back to the need to avoid terms like always/never.
- Find a way to be more flexible than you used to be...
- Think of reasons why the person may be justified in doing or saying what they did.
- Ask, “What might I have done for them to react in this way?” Then do something different to see if they respond differently.

7. Get help, if needed

- Someone who will keep you in check rather than let you rant.

