

ANGER MANAGEMENT SKILLS

Being able to respond to anger triggers in ways that are safe, healthy and effective often takes practice. Here are some behaviors that are known to help.

Recognize Your Anger Early

If you're yelling, arguing and/or throwing things, it's probably too late. Learn the warning signs that you are getting angry so you can change the situation before it escalates. Some common signs are feeling hot, raising voices, clenched fists, shaking, crying and arguing.

My anger signs are:

One thing I can do to avoid escalating is:

Take a Timeout

Timeouts are not just for toddlers. Temporarily leaving the situation that is making you angry can help with creating space and time for you to calm. If other people are involved, explain to them that you need a few minutes to calm down so that you can communicate yourself in the way that works best for you.

I can ask for a time out by saying:

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Deep Breathing

Take a minute just to breathe. Count your breaths: five seconds inhaling, five seconds holding your breath, and five seconds exhaling. The counting can help with taking your mind off of the situation also!

Express Your Anger

Once you have calmed down, it is important to express your frustration. The goal is to be assertive but not confrontational. Assertive communication allows you to problem solve and reduce your chances of having the same problems in the future.

Exercise

Exercise can be helpful because it allows you for physical release of your emotions. Chemicals released in your brain when you engage in physical activity creates a sense of relaxation and happiness.

One physical activity I can engage in to help manage my anger is:

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Think of the Consequences

It is important to consider your options for responding to triggers, and to weigh the pros and cons of each option.

Some things to consider:

What will likely be the outcome of your next action? Will arguing convince the other person that you're right? Will you be happier after the fight?

Consequences of my anger-fueled actions have included:

Visualization

Physically leaving the environment you are in when triggered is not always realistically possible (ex. school, work).

Using visualization can support your use of your 5 senses (i.e. see, smell, hear, feel and taste) to escape without leaving.

Maybe you are on a beach with sand between your toes and waves crashing in the distance. Spend a few moments imagining every detail of your relaxing scene.

My relaxing scene looks, smells, sounds, and/or feels like:
