

ANGER MANAGEMENT

Remember, it's okay to get angry. What is important is how your emotions are expressed. Below are some tips for anger management.

- **How has anger interfered with your life?** What would you like to change?

- **How do you know when you are getting angry?** (Typical signs are an upset stomach, clenched jaw, tightened fist.) If you feel you are beginning to get angry, you can do something before the situation becomes too tense and leads to negative consequences.

Write your typical signs here: _____

- **Take time to cool down.** Find an activity or spend time away from the situation so you are able to calm down and handle the situation in a way that does not have negative consequences. It's important to come up with a way to tell yourself and others that you need a break and time to cool down.

Write your cool down phrases here:-

Write your cool down activities here: _____

- **Remember to use communication skills to help express how you feel, while trying to see how the other person feels.** Try to come to a common solution instead of forcing your decisions on someone else. See the *Communications Skills* sheet.

- **Try to come from the other person's perspective.** Why does the person feel the way he or she does?