ANGER MANAGEMENT--
-DO YOU HAVE THE TOOLS?

Yes, you DO have a choice....
Where do you feel it coming from? Anger usually covers up PAIN (hurt feelings) and FEAR, that you may lose something or not get what you want.
#2: DEVELOP EMPATHY.

Learn how to see things from the perspective of others. Their Truth is just as real as YOURS. Remember, reality is just PERCEPTION.
#3 RESPOND INSTEAD OF REACT

- Learn to RESPOND rather than automatically REACT to anger triggers.

- You DO have the capacity to CHOOSE how to express your anger, so you can learn new ways to communicate your needs, feelings, or requests.
#4: CHANGE THAT CONVERSATION WITH YOURSELF

- Recognize and modify your INNER conversations. Learning to challenge that negative "self-talk" empowers you to deal with anger more effectively. You can learn to calm yourself down or continue to rage, it's YOUR CHOICE.
you CAN learn to be able to honestly and effectively communicate how you feel and to respond to things WITHOUT getting angry or hostile about it.

"I feel anxious when you tell me you're going out and I'd rather you let me know when you'll be back."

Using "I FEEL" statements allow them to see from your perspective.
#6: ADJUST YOUR EXPECTATIONS

- Anger is often triggered by an IRRATIONAL EXPECTATION. Learning to adjust those expectations can help you cope with difficult situations or people, or even YOURSELVES.
Resentment is a form of anger that does more damage to YOU than the offender. Making a decision to "let go" (while still protecting yourself) is often a process of forgiveness--or at least acceptance---and a major step toward anger control.
This is removing yourself from the situation and taking a temporary "time-out" while sticking to some basic rules.