

# Anger Management

## Using Coping Thoughts

- Calm down first, and think this through.
- This may not be as bad as it seems.
- This is just one incident --- it doesn't define my life.
- I am capable of managing this situation.
- It's alright to be upset. / I have the right to be upset in this situation. / I am angry.
- What needs to be done immediately? (Damage control/ solution-focused mode).
- Bad things/ Mistakes do happen/ Nothings says that things will go right all the time.
- There is no need to feel threatened here.
- I have no control over other people and their feelings. But I have control over myself.
- I have managed anger successfully before and I will again.

## Identify Your Hot Buttons

Hot buttons differ from person to person. Our personal histories influence what would make us angry. Some triggers are caused by conditioning, modeling, and unresolved issues.

A key to seeing if a hot button is the real cause of the anger, or just a trigger, is to see if your anger reaction is proportionate to what the situation calls for. If you're angrier than you should be, perhaps there is an underlying emotional issue that needs to be surfaced.

## Helpful Ways of Dealing with Anger

- **DO acknowledge that you are angry.** It is important that you know how to recognize that you are angry, and give yourself permission to feel it.
- **DO calm yourself before you say anything.** In the previous discussions, we saw how there is a biological reason why anger can feel overwhelming --- our body is engaged in a fight or flight response. It helps then to defer any reactions until you have reached the return to normal/ adaptive phase of the anger cycle.
- **DO speak up, when something is important to you.** This is the opposite to 'keeping it all in.' If a matter is important to you, so much so that keeping silent would just result in physical and mental symptoms, then let it out.
- **DO explain how you're feeling in a manner that shows ownership and responsibility for your anger.** Take ownership and responsibility for your feelings. This makes the anger within your control (you can't control other people).