Anger Management

1. Recognize that you are angry.

2. Talk to yourself about your anger; you may be justifiably angry, but choose not to act on your feelings.

3. State your anger to yourself or to the person who angers you.

4. Do not make threatening remarks to other people. Try not to put them on the defensive.

5. Count to ten – or to one hundred.

6. Decide to not carry a grudge because it is to your advantage to be free of it.

7. Think how you would like to be treated. Treat others in that manner.

8. Do not take your anger at one person or situation out on another person or situation.

9. Work out your anger on physical endeavors.

10. Write out your anger.

11. Fantasize what you would like to do, but do not do it.

12. Use cold courtesy, i.e., "I beg your pardon."

13. Decide to discuss it at a later time.

14. Use humor.

15. If possible, defuse anger by staying calm.

16. Try to see the other person's point of view.

17. Decide if it is worth your anger.

18. Use anger to motivate yourself to do something about it.

19. Talk it out with fellow sufferers.

20. Admit mistakes.

***Adapted from *Bereavement and Support,* Marylou Hughes, LCSW, DPA (1995), 118.