

Addressing Anger



Anger is like an emotional landmine; a constant threat that can be triggered by someone when they didn't even know it existed. The first step in managing one's own anger is to better understand what triggers the anger. A second step is to identify statements that can reduce, mitigate, or calm the anger. The final step is to apply the lessons learned for the struggle for insight and intervention.

My Anger Landmine: _____

Person/People Most Likely to Trigger the Anger Landmine: _____

Situation (i.e., where/when/context) Most Likely to Trigger the Anger Landmine: _____

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Anger is a natural, human response. If you are searching for new ways to manage your anger, addressing how you talk to yourself in your own mind can make a big difference. Read the statements below and put a checkmark next to statements that you think will help you manage your anger. You may want to write helpful statements on a piece of paper that you can keep on your person. Read the statements when you begin to get emotional, taking long, deep breaths in-between statements.

- I can't change what has already happened.
- I'm not going to drive myself crazy with things I can't change.
- Dwelling on the past keeps me from appreciating what is in the present.
- I can accept things the way they are.
- This feels bad, but it is a normal reaction and will pass.
- I have successfully dealt with problems before and I can deal with this.
- Thoughts are just happening in my brain, they are not THE TRUTH.
- I can learn from the past to solve present and future problems.
- I can get through this.
- This is difficult, but it is temporary.
- If I stop and calm myself down, then I can get through this.
- These are just feelings and will go away.
- I can feel badly, but still act in ways which are good for me and good for others.
- I don't need to change everything at once.
- I can accept myself the way I am.
- I can accept my situation for what it is and still be happy.
- It's okay to feel this way.

Write down other statements that can help you cope.



Describe a recent situation that set off one of your anger landmines. _____

Rating from 1 to 10, how do you feel about your initial reaction to the situation? _____
(10 being best, 1 being worst)

If you could go back in time, would you respond differently? If so, how? _____

What are you going to do in similar future situations? _____



**THE STORM
WILL PASS**