

## TIPS TO HELP KEEP A TEMPER IN CHECK (Melinda Beck, Wall St. Journal 3/9/2010)

1. Re-frame the situation. Don't turn everything into a personal attack! Change your interpretation.
2. Find a helpful solution to the problem. Ask yourself, "**What do I need to be okay RIGHT NOW?**" This changes the focus from how the other person needs to be punished to **how I need to respond** in a healthy way. Put yourself first.
3. Keep an "anger log" to track what triggers your anger.
4. Anger can build up inside people. Learn to label your anger from 1 (slight irritation) to 10 (rage). If you can catch yourself at level 3 or 4, you can think more rationally about the situation.
5. If you feel like blowing up, take a time out! Wait 15 minutes and **GET CALM** before -- saying something, sending that email, making an angry phone call, writing a letter.
6. Use exercise to calm yourself down. Use relaxation skills. Use meditation.
7. Get a health checkup. Medical problems can make people irritable.
8. Notice how you talk to yourself. If you keep telling yourself that you are a victim, you will get more angry.
9. Don't focus on past injustices.
10. Instead of telling yourself, "I'm just like my father, my father got angry," focus on **how to respond effectively now**. ("Effectively" means: meeting your goals).
11. Think about what your anger is costing you. Some people think anger gives them an advantage over others. However, you really just look foolish or out of control, and may later regret what you said or did.
12. Don't use alcohol/food/drugs to calm yourself. Figure out what the problem is and address it.
13. Pay more attention to the important things in life! Most frustrations and inconveniences are trivial and temporary.
14. Ask yourself if it really makes sense to get so worked up about this small thing. If the small thing represents a larger issue or need, focus on meeting that need in your life.

Anger Tips list

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