

Quick tips when feeling actively angry

Tell yourself, "I'm angry about _____.
Now, what am I going to do about it?"



Hold back your initial response/reaction. Walk away, count to 300, and/or take deep breaths in an isolated area until you feel calm and clear headed. It can take a while to calm down. Take all the time you need.

What did the other person say or do that made you angry? How serious is the action and/or words they used wrong to you?

The way you plan to approach your anger, is it going to help your relationship with the other person or cause unintentional harm? Will they be receptive to your request or dismiss it? Is it better to let go or confront the other person?

Decide to let go of the situation that made you angry or confront the individual. If you decide to confront, remember to do so in a calm and collective manner. Tell them, "I'm feeling really upset about a s