

How Do You Express Anger?

WHICH ANGER STYLE(S) ARE YOU AND HOW DO YOU KNOW?

WHERE DO YOU FEEL ANGER IN YOUR BODY?

WHAT ARE SOME COMMON WAYS THAT YOU EXPRESS YOUR ANGER?

WHAT ARE SOME OF THE WAYS THAT OTHER PEOPLE EXPRESS THEIR ANGER?

WHY DON'T THESE WAYS WORK?

Anger Control Skills

SKILL	DESCRIPTION	WHEN TO USE SKILL
COUNT BACKWARDS	Quietly count backwards from 10. You can either do this quietly or do it in your head. It gives you time to think about the situation, about what you are going to do, and it also helps to calm you down.	Use this skill when you first notice you are angry.
“IF-THEN” STATEMENTS	While you are deciding what to do, ask yourself: “If I do (___) then (___) will happen to me.” If-then statements help you make better choices by helping you understand the consequences of your actions.	Use this skill when you are deciding what to do about the situation.
SELF TALK	Depending on the situation, you can tell yourself things like, <i>“Calm down,” “Slow down,” “Take it easy,” “Deep breathe,”</i> or <i>“Ignore it.”</i> Find a phrase that you will remember and that would be a sign for you that you can use to relax you. Its purpose is to help calm you down.	Use this skill when you notice that you are angry to calm yourself down.
EVALUATION / CONSEQUENCES	Decide what you want to get out of the situation and how best to get it. Its purpose is to help you get what you want out of a situation without achieving negative consequences from inappropriate responses.	Use this to decide what you want to accomplish in the situation and what the best way is to do this.