

Manage Your Anger

Before It Manages You

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Acknowledge It

Why do I have this headache? Why does my stomach hurt? Why are my fists clenched?
Why am I over-eating? Why am I spending recklessly? Why am I turning to bad habits?
Hmmm ... maybe I'm mad!

Own It

Not: Its his fault. I can't do anything about it. He caused it, not me!
Try Instead: This is my anger. I can choose what to do with it.

Measure It

How big is this anger?

0 1 2 3 4 5 6 7 8 9 10

Name It

Do you have an anger vocabulary?

Irritated ... Aggravated ... Annoyed ... Mad Furious Steamed ... Frustrated
Enraged ... Ticked Off ... Bothered ... Angry

Vent It

What IS okay to do with your anger energy?
Hit a pillow? Shred old newspapers? Pound clay? Exercise?
Yell? Scribble? Draw?

Face It

Now that the anger energy is controlled,
use words: Write or talk about what made you mad.

Learn From It

What can I do differently next time?