

10 Most Effective

ANGER

MANAGEMENT



TECHNIQUES

1. Acknowledge That You Are Angry

It is tough to accept your feelings, but you have to stop repressing your emotions and follow the process of emotional acceptance.

2. Think And Speak

Think and collect your thoughts and then speak. This will help you to avoid any further triggers.

3. Walk Away

Control your fight and flight reactions and try walking away. It's the best way to avoid getting angry.

4. Use Humor

Laugh it out. Lighten up your mood. You will feel good and it will temporarily relieve your pain.

5. Practice Relaxation Skills

Relaxation techniques are widely used and are very 'beneficial' in controlling the eruptions of anger. Some of the relaxation techniques are:

- Try taking some Deep Breaths
- Try Relaxing Your Muscles
- Try Feeling Relaxing Thoughts
- Try Some Anger Management Meditation
- Try Listening to Some Music
- Try Doing Some Craft Work

6. Blow Off The Steam

Sometimes when nothing works, you can try:

- Hitting something
- Screaming

7. Change Your Perspective

By shifting your thoughts to positive things and avoid any kind of negative thoughts that could make you sad or irritated.

8. Talk To A Friend

Communication is the key. You are not alone in this. Your friends might help you with great advice.

9. Don't Dwell

Move on. Let go of things before they make a home in your head. Once you let go you will feel light and relaxed.

10. Try Avoiding Your Triggers

Try to avoid any situation where you see yourself ending up getting angry and frustrated.



Effective Anger Management

Richard Bass



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