

## Practice Tips

### The Importance of Practice

**As with learning any new skill, it takes time and practice to master anger management skills. At first, you may feel awkward, but practicing will help you use your skills more effectively in difficult situations. Here are a few tips:**

- Schedule a regular time to practice relaxation exercises.
- Continue to do Learning Log Assignments on your own each week to stay aware of your anger patterns and to remind yourself to use your tools. Use the Learning Log Assignment Worksheet found in the Resources section in the navigation menu of the course.
- Review and update your Anger Control Plan on a regular basis.
- Revisit part or all of this course for a refresher.

### Remember to Practice

- Choose a time and place during the day when you feel free from distractions. It is easier to perfect your skills in a low-risk environment, before trying to use them in a difficult situation.
- Practice at the same time every day, so that it will help you set a pattern of practicing. Some people choose to practice when they get up in the morning or before going to sleep at night.
- Use a system to remind yourself to practice.
  - Mark your practice time on a schedule or calendar to help you to make time for it and to track your progress.
  - Post reminders to practice in prominent places in your home or at work.