

Tools to Manage Anger



When you notice you are getting angry, you will want to have tools that you can use immediately to stop your anger from escalating and prevent you from hitting a 10 on the Anger Meter.

When you prepare to go into a high-risk situation, you will need tools to help prevent you from getting angry in the first place.

We strongly recommend Deep Breathing and Timeouts as your basic tools. What other tools work for you?

BEHAVIORAL

- Timeout
- Deep Breathing
- Muscle Relaxation

COGNITIVE

- Disputing Thoughts (A-B-C-D)
- Thought Stopping
- Self-Talk
- Conflict Resolution

ADDITIONAL TOOLS

1. _____
2. _____
3. _____
4. _____
5. _____