

# Ten top tips for managing anger

## 1. Remember the aftermath.

We forget that in the heat of the moment we can say things we regret later, a moment of losing it can lead to a lifetime of misery. At the time we do not think of this so we need to think of the consequences;

## 2. You are responsible.

You are angry for a moment, but a broken glass stays broken;

## 3. Remember, however justified in the moment, your anger will not endear you;

## 4. Count to 20. Not 10 and then buy some more time;

## 5. Whatever you intend to do, if it's justified, do it tomorrow.

Procrastination is a killer of progress and avoidance is not advocated, but anger is one thing best deferred;

## 6. Talk, express yourself now.

Usually people with difficulties with anger find expressing themselves in other ways really difficult. Talk to people about how you feel about yourself or an issue before it becomes emotionally too "charged";

## 7. Get more information.

We are often triggered into over-reaction because we do not know the whole detail of things. Often more data gives us a chance to develop a more considered view on things.

## 8. Ask "will it matter tomorrow?"

What is it that's so important it is worth losing it today.

## 9. Change what you are doing.

Sometimes we get locked into a "state" that is unproductive physically and mentally. Go for a walk, breathe deeply, hit the gym, not a wall!

## 10. Write a letter you are not going to send.

This letter can allow you to get your feelings out and allow you to bring your thoughts into the 'reality' of being committed to words. If you still feel strongly, write a second draft tomorrow and send it later. This process will allow you to discharge emotions without damaging important relationships or losing credibility in important issues. Be careful where you store it of course!

The immortal Buddhist view; "it is our own anger that destroys us", is so true. When we lapse from responsibility we lose something of who we are and who we may become as we grow. Rather too many psycho-somatic nasties in terms of our health result from unresolved anger or an inability to deal with it when it is naturally evoked.

At Gedanken we have developed our Anger Mapping Model that rapidly assists those with anger to gain mastery over their condition and become more effective in their lives. Developed over the years we have helped a large number of people and organisations get to grips with anger problems.