

HOW CAN I CONTROL MY ANGER? – EXERCISE:

I'm sure there are things that people around you do from time to time that drive you crazy. Would you like to get a handle on your anger?

Take a few minutes to think of recent incidents when you were frustrated and maybe even lost your temper, or situations that really get you upset every time they come up. Choose three of these to work with. On the lines below:

1. Write down the incident or situation that made you angry.
2. Describe what you could have done to handle the incident or situation without getting upset.
3. List the benefit(s) of handling the incident in a calmer manner.

1. Incident:

2. I could have...

3. Benefit(s):

1. Incident:

2. I could have...

3. Benefit(s):

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2. I could have...

3. Benefit(s):

HOW CAN I CONTROL MY ANGER? – FOLLOW-UP EXERCISE:

Whenever something happens to get you upset, try counting to ten before reacting. (Yes, you've heard this before, and I'm telling you again because it really does work.) While you're counting start asking yourself questions like, "Will I still be upset about this tomorrow?", "What part did I play in this?", "What is there to be gained by my yelling?", and "How will my reaction reflect my love for the person, or people, around me?"

Will you agree that it takes a stronger person to control their temper than to lose it? Take pride in your ability to show restraint.